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**Celebrity** pg 22



**Madonna staying in London despite divorce**

## Computer glitch grinds airport to a standstill

**RESERVATIONS** All operations with Air Canada were shutdown for close to two hours at Halifax Stanfield International Airport yesterday because of a technical problem to the airline's computerized reservation system across the country.

Airport spokesperson Peter Spurway said from about 11 a.m. to 12:40 p.m., no Air Canada flights could leave or come into Halifax, and no one could get checked-in for flights.

Spurway estimated the problem, which affected airports across the country resulted in delays to between 12 and 18 flights that were bound or depart- ing from Halifax.

METRO HALIFAX

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Local pg 3



Stéphane Dion speaks during a news conference to announce his resignation as leader of the opposition Liberal party in Ottawa yesterday after last week's humiliating election loss.

# Dion stepping down

**"I failed."** With those words, Stéphane Dion gave up the Liberal leadership, a prize hard-won less than two years ago and lost in the wake of the worst election results for the party in 20 years.

Dion, who had been in seclusion since the Oct. 14 election that cost the Liberals 19 seats, was at times reflective, defiant and even a little emotional as he told a news conference yesterday about his decision to step aside.

"In my consultations it became very clear that in

## Liberal fundraising problems

Figures from Elections Canada paint a stark picture of the problem facing the Liberals — in 2007, the party collected \$4.5 million from 23,442

donors. In contrast, the Conservatives raised \$17 million from more than 100,000 donors.

TORSTAR NEWS SERVICE

the door-to-door (election) canvassing, my colleagues, my friends were told 'We don't like your leader,' Dion said bluntly.

Dion said he would remain leader until a replacement is chosen, which may not happen until a party convention

scheduled for May.

Dion, a former academic who defied expectations and seized the party's leadership in December, 2006, says his election hopes were sunk by the Conservatives' "massive" advertising onslaught against him personally and against his

carbon-tax-based Green Shift environmental policy.

Dion's decision sets in motion another leadership contest for the Liberals. Expected contenders such as Toronto MPs Bob Rae and Michael Ignatieff — who lost to Dion in the last race — paid tribute to him yesterday, but were mum on their own political aspirations.

Possible newcomers to the race, like New Brunswick Liberal Dominic LeBlanc were also non-committal.

TORSTAR NEWS SERVICE

## Mental health court to open for April 1

PAUL MCLEOD  
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**HYDE CASE** The courtroom is being built, the staff are set to be hired in the new year, and by April 1 Nova Scotia will have its own mental health court.

Calls for a specialized court for people with mental illness have grown louder in recent years after incidents such as the death last

year of Howard Hyde, who suffered from schizophrenia. Other provinces such as Ontario and New Brunswick already have such courts, which are tailored to deal with the intricacies of people with mental health in the justice system.

**"We want to make sure people do not find themselves behind bars, but in a proper housing setting and treatment program for their mental illness."**

Cecil Clark

Yesterday Justice Minister Cecil Clarke said staff were set to be hired in January, with the goal of the court opening in April.

Dartmouth provincial court is being renovated to create the new room.

"Quite simply, we want to make sure people do not find themselves behind bars, but in a proper housing setting and treatment program for their mental illness," said Clarke.

The annual operating budget is projected at \$1.8 million, but first year costs are expected to range up to \$2.3 million Clark explained.

## Discussing democracy

Local pg 5

Eco-projects receiving grant money

Comment pg 9

## Dion should get time



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Yarmouth Mall

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Regent Mall  
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Wheeler Park Power Centre  
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82 Marr Rd.

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McAllister Place

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# Traffic closures

One of the southbound lanes of Highway 111, between Mic Mac Boulevard and the Prince Albert Road exit, will be closed today to Saturday. The construction is related to the North Dartmouth sewer project. **METRO HALIFAX**

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# Local



## Peaceful dinners possible

There are more than 3.3 million phone, fax and cellphone numbers registered on the national do-not-call list, which launched Sept. 30. The CRTC expects 60 per cent of the 27 million home phone numbers will be on the list in the next two years.

METRO HALIFAX

## News in brief

**TRANSIT** Council decides tonight whether to approve a \$1.2-million tender to put security cameras on buses to help curb a rising number of assaults on bus drivers. Dan MacDonald, president of Local 508 of the Amalgamated Transit Union, says the cameras will be a deterrent and will aid police investigations and Crown prosecutors. If council approves the tender, cameras will be installed on some buses over the next three months.

METRO HALIFAX

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What's online today.

**Have** the markets hit bottom? Read Allan Small's Investment Perspective for his take.

**Check** movie showtimes, trailers and reviews at metronews.ca/movies

**Play** online Jumble Jong!

# Event reflects on democracy

PAUL MCLEOD  
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**It was supposed to be a celebration of democracy. It became a hard look at what's gone wrong with it.**

Yesterday's Democracy 250 event sounded upbeat — the Chief Justice of Canada was slated to give a speech to a provincial legislature for the first time ever.

But with four out of 10 people not voting in last week's federal election, and more than six in 10 not voting in the local poll, D250 co-chair John Hamm offered some sobering thoughts.

"We didn't have to fight for our democracy; it came to us rather easily. I think we've become complacent," said the former premier.

"We don't realize the fairness and inclusion the chief



Beverly McLachlin, chief justice of Canada, has a laugh with Michael MacDonald, chief justice of Nova Scotia, and former premier John Hamm at Province House yesterday.

justice talked about is something other countries simply dream about."

Hamm said young people can't comprehend the demo-

cratic process because they haven't studied it. He called for the education system to be revamped to include civics classes at Grade 6 or 7

levels, and more Canadian history courses in high school.

Hamm's comments came shortly after Chief Justice

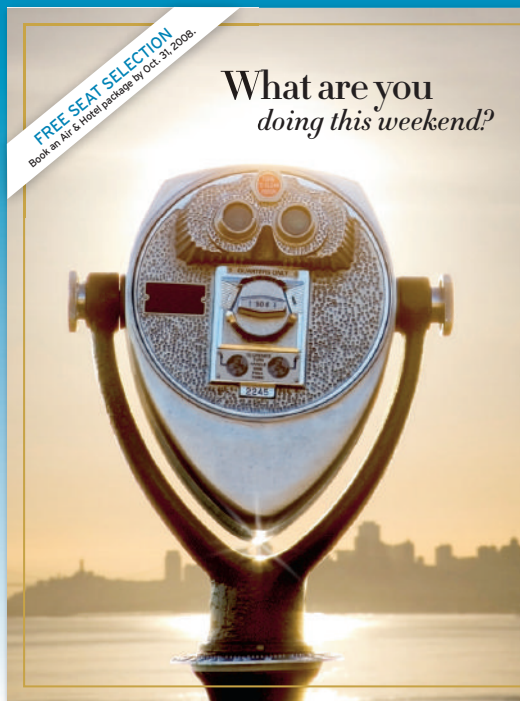
Beverly McLachlin congratulated Nova Scotia's democratic legacy in front of the legislature.

McLachlin chronicled the story of Joseph Howe and the importance of early democracy. "Two hundred and fifty years ago a small troupe in a remote place we call Nova Scotia installed, over great odds, representative government. One hundred and sixty years ago they created responsible government. These were no small achievements," said McLachlin.

It was the first time a chief justice of Canada had addressed any legislative assembly in Canada.

McLachlin said the push for democracy came from two Canadian values: Fairness and inclusion. She didn't address low voter turnout, as judges are obliged to stay out of political matters.

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Plus taxes & other fees: \$159.

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The New Yorker Hotel • 3 ★  
Run-of-the-house rm.  
Nov. 23-25 & Dec. 1-2 • 2 nts.

\$889

Plus taxes & other fees: \$121.

Paris via Toronto  
Tryp Blanche  
Fontaine • 3 ★  
Breakfast • Standard rm.  
Nov. 20, 27 & Dec. 4 • 3 nts.

\$899

Plus taxes & other fees: \$508.

Los Angeles via Toronto  
Los Angeles Marriott  
Downtown • 4 ★  
Deluxe rm.  
Dec. 1 & 2 • 3 nts.

\$919

Plus taxes & other fees: \$137.

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## Waterside bid faces decision tonight

**COUNCIL** The fate of a divisive bid to redevelop a block of heritage properties in downtown Halifax goes to council today.

Today's verdict on Waterside Centre comes after a three-week delay initiated by council to allow Armour Group, the developer, to negotiate potential changes with the Heritage Trust of Nova Scotia.

But the two sides are no closer to seeing eye-to-eye.

The Heritage Trust is still fiercely opposed to the project which would join existing buildings at the corner of Duke, Hollis and Lower Water streets and put a six-storey glass tower on top.

Heritage Trust president Phil Pacey said in a release that he still doesn't support the project even with the modifications suggested by Armour.

"The proposed development remains out-of-scale with the historical buildings," Pacey said. "It would disrupt one of the largest contiguous groups of historical buildings in English Canada."

Armour had offered to change the glass exterior and reduce the building height if the city provided some tax relief.

The Heritage Trust suggested a land exchange as a potential solution. But Armour chairman Ben McCrea said the suggestion is "out of left field" and involves too many unknowns. "We're not going to delay any further a decision by council to chase those rabbit tracks," he said.

"We've made the best proposal that we can make to HRM to avoid having boarded up buildings and parking lots."

LINDSAY JONES/METRO HALIFAX

## Rebecca Cohn Ushering a wake-up call



Former Moist frontman David Usher performs at the Rebecca Cohn Auditorium last night. Usher and his band are touring in support of his recently released album Wake Up and Say Goodbye.

## New councillors ready for action

LINDSAY JONES  
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### Council has some new blood.

But you won't get a chance to see the new faces in action for another few weeks.

Jennifer Watts, who's trained as an urban-rural planner, beat six other candidates running in the open Quinpool-Connaught district during Saturday night's municipal election.

The mother of two teenage girls says she plans to focus her attention first on the priorities she heard going door-to-door: improving public transit and making neighbourhoods more pedestrian and bike-friendly.

Watts said the city's controversial Chebucto Road widening project came up frequently on the doorstep.

"It certainly wasn't per se the reason why I came into it, but certainly was an example of how we really need to be thinking of change on council," Watts said.

"I think we need to be looking at alternatives other than road-widening."

Watts says her volunteer background and campaign goal to respond to people's needs may be what helped seal her majority.

In Cole Harbour, Lorelei Nicoll, a small business owner, won that open district by a landslide.

The mother of three young adults said she plans to first focus on the issues she heard during her campaign. She said she will address improving road conditions, expanding Metro Tran-



Newly-elected councillor Jennifer Watts stands on her back deck with dozens of election signs yesterday.

sit services and addressing speeding in Cole Harbour.

She said she's looking forward to working as a team on council and hearing from her constituents about what matters to them.

A not-so-new face, former longtime councillor Jerry Blumenthal, is back after toppling Patrick Murphy in North End Halifax.

And Barry Dalrymple, a former RCMP officer, is also joining council after beating incumbent Krista Snow in Waverley-Fall River-Beaver Bank.

New councillors will be sworn in Nov. 4.

### News in brief

**DOORS OPEN** A.J. Smeltzer Junior High is open today. The Lower Sackville school was closed yesterday while repairs were made to a boiler that started leaking oil over the weekend.

**CORRECTION** We neglected to run election results from two of the Halifax Regional School Board elections in yesterday's

paper. Here they are:  
**DISTRICT 7**, Rockingham-Wentworth/Bedford/Hammonds Plans-St. Margarets  
**David Finlayson**  
**DISTRICT 8**, Lower Sackville/Waverley-Fall River-Beaver Bank/Middle and Upper Sackville-Lucasville  
**Donna Hubbard** **METRO HALIFAX**



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## City can't collect on parking tickets

CBC News reported yesterday the city has \$500,000 worth of parking tickets it can't collect because they were issued to out-of-province drivers. According to a freedom of information request, the city issued more than 30,000 tickets to out of province vehicles from June 2007 to June 2008.

METRO HALIFAX

# \$2.6M for green projects

JENNIFER TAPLIN  
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## Residential windmills and carbon-capturing concrete are two of 21 environmental projects to win government grant money.

Mark Parent, provincial environment minister, made the announcement at the Power of Green conference in Halifax yesterday.

"In terms of greenhouse gases, (these projects are) equivalent to taking over 10,000 cars off the road permanently, forever," Parent explained to reporters after his speech at the Curd Centre.

These were the winners picked by EcoNova Scotia for Clean Air and Climate Change.

Applications were placed under two grant-giving programs for environmental technologies and municipal projects.

This group of winners — the third announcement so far for EcoNova Scotia — cost \$2.6 million. Parent said that money will leverage into over \$8 million with what the projects will bring in.

He said he has especially high hopes for the Carbon Sense Solutions project, which captures carbon



Environment Minister Mark Parent announced \$2.6 million yesterday for 21 projects to cut greenhouse gas and other harmful emissions.

emissions in concrete.

"I dream of the day — because we make concrete in Nova Scotia — instead of importing asphalt from elsewhere, we can build our own concrete roads and we capture carbon at the same time."

But for some companies,

investing in green solutions might take a backseat because of the grim global economic outlook. Some people will be cautious, Parent said, but there are 'real opportunities' in the green economy.

"We've seen a freeze in capital and lending so

these programs (like EcoNova Scotia) will be more important for businesses to find the necessary capital to do innovative projects," he said.

Shawna Eason, energy officer with Cumberland County, got \$10,000 from EcoNova Scotia to conduct

an energy audit of county properties.

"It's looking at where they're losing money, but also emissions because anywhere electricity is being used where we can reduce it is going to save them money and is going to save the emissions," she said.

## Eco projects

### SOME OF THE 21 PROJECTS

- Carbon Sense Solutions of Halifax in partnership with Shaw Brick and Concrete in Lantz is capturing carbon emissions in pre-formed concrete.
- Thermo Dynamics Ltd. in HRM will design and test improvements to their solar thermal panels used to heat water.
- The town of Berwick will install energy monitors so people can see their energy consumption in the form of real time.
- HRM is getting \$550,000 to upgrade 11 city-owned buildings, including eight fire stations.
- Eon WindElectric Ltd. of Halifax will work on residential windmills.

### IMPACT

- They will reduce more than 55,000 tonnes of greenhouse gas emissions a year within the area.
- It's the equivalent of taking 10,113 cars off the roads of Nova Scotia.
- Sulphur dioxide and nitrogen oxide will be cut by about 228,000 kilograms a year.

### ABOUT ECONOVA SCOTIA

- Funded with federal money, managed by the province. There are two programs:
- Environmental Technologies has \$7.2 million left in the budget.
- Municipal Program has \$5 million left.

## Entrepreneur battles to go his own way

JENNIFER TAPLIN  
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**FUNDING** When entrepreneur Robin Godfrey wanted to go green, banks wouldn't touch him. But he's the one laughing now.

Godfrey is the operations manager for Atlantic Gardens and a few years ago he wanted to use biomass pellets instead of oil to heat his greenhouses.

"We had to make the decision: Either we shut down our growing facility or we look for an alternative energy," Godfrey said.

He found two suppliers of wood pellets in Nova Scotia and decided this was the way to go, but he couldn't get any support from lenders.

"It's very hard to get help, there are not many institutions out there to help with it. The banks wouldn't help me and I had to raise my own capital."

He raised \$140,000 by selling old equipment, getting financing for the furnace, and qualifying



Robin Godfrey, operations manager at Atlantic Gardens, shows the wood pellets he uses to heat his greenhouses in Middle Sackville. Godfrey spoke on a panel at the Power of Green conference yesterday.

for one federal funding program.

By switching from oil to pellets, Godfrey said he's saving 60-70 per cent of his heating bill.

"We paid our furnace off in a year and a half," he said.

They made the switch to pellets in 2005, and given the skyrocketing price of oil lately, Godfrey said he

**"It's very hard to get help...The banks wouldn't help me and I had to raise my own capital."**

Robin Godfrey

has no regrets.

"We wouldn't be growing plants anymore if we didn't have this furnace."

But the price of oil is still affecting his business, he said. It's too expensive to ship his plants much farther than the local market so they're sticking close to home.

Godfrey spoke on a panel at the Power of Green conference yesterday. He used his experience as an example to encourage other entrepreneurs to find green solutions.

His motivation for greening up was more financial than environmental, but Godfrey said the switch was addictive.

They now collect run-off rainwater into their man-made pond and have made other smaller, greener changes.

## Adding another 'R' to enviro rules

JENNIFER TAPLIN  
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**SOLUTIONS** Is there a fourth environmental 'R'?

Jim Reid, with Bridgewater-based Green Solutions North America Inc., says so.

"We're introducing the fourth R: Reduce, reuse, recycle, and the fourth R is repurpose," he said in an interview shortly before he spoke on a panel at the Power of Green conference yesterday.

The panel was looking at how to make money with a green company and Reid has found a way.

His company packs up and takes office leftovers — desks, carpet, computers, etc. — when a client is done with them. Instead of trucking them out to the dump, Reid's company gives them to schools and charities in Canada and abroad.

"They'd have to pay anyway to tear down, the

move, transport products, and landfill charges. We charge exactly the same, but because we focus solely on that, we do it more efficiently and make a profit in the process," he said.

"We use those profits to support a charitable foundation whose whole focus and goal is to give the product away."

His advice for anyone who wants to start up a green business is to think creatively.

"I don't think you can look at the problems we're facing right now with the same attitudes we had before," he said. "You have to think of providing a value-added service that companies will pay for."

And there's money to be had in the green sector, he said.

"It's very evident. For example, there are over 200 million tons of copper waste going into landfills each year in North America and 90 per cent of that is perfectly usable."

# Clutch cops commended

Pair who kept shot teen alive honoured by police chief

RACHEL BOOMER  
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It was supposed to be a routine noise-complaint call. Instead, Const. Marques Reeves and then-cadet David Chambers found themselves working feverishly to stop a gushing gunshot wound from killing its young victim.

And it worked. The two saved the boy's life this past August, and were recognized by Halifax Regional Police Chief Frank Beazley yesterday for their quick thinking.

"It feels great to save someone," Reeves, an 11-year veteran of the force, said yesterday.

"That's why I'm here. I love my job, I love helping. I'm here to help, in the end."

Chambers, 25, was a cadet doing on-the-job training with Reeves when the two were called to the J.L. Ilsley High School area at about 10:30 p.m. Aug. 25, 2008. When they arrived,

they heard girls screaming hysterically and saw a man running across the sports field.

"They were screaming that he'd been shot," said Reeves, 33. The two noticed when they got closer that a wound on the back of one leg was spurting bright red arterial blood.

The two calmed the young female onlookers and enlisted their help. Chambers, who had just finished a tour of duty in Afghanistan with the reserves, had battlefield first-aid training. Reeves tossed him the victim's belt and he tied it into a tourniquet, cutting off the flow of arterial blood until paramedics came.

"He would have bled out within 10 seconds after we got to him," Chambers said.

It was a dramatic beginning to a police career for Chambers, 25, who was hired onto the force in October.

"Nothing's been nearly as dramatic or exciting since, that's for sure," Chambers laughed yesterday.



Const. David Chambers, 25, left, and Const. Marcus Reeves, 33, saved the life of a teenage gunshot victim last August. The two were given commendations from Halifax Regional Police Chief Frank Beazley yesterday.

Neither Reeves nor Chambers knows what happened to the victim they saved after that. "We

knew he was OK. When we talked to his parents afterward, he was recovering," Reeves said.

# Ex-con faces trial for alleged threats

**COURT** A 43-year-old P.E.I. man, who's pledged to do whatever it takes to ensure that he spends the rest of his life in prison, will go back on trial next week for uttering death threats.

Dennis Joseph O'Brien, who has spent much of the last 30 years behind bars, is being tried for threatening a psychiatrist and a nurse at the Queen Elizabeth Hospital in Charlottetown.

O'Brien, currently being held in Halifax, is alleged to have made these threats during an examination in the hospital's emergency department last month.

Const. Tara Watts of Charlottetown City Police previously testified she heard O'Brien tell hospital staff he wanted to go back to prison, and not just for a brief period of time.

THE CHARLOTTETOWN GUARDIAN

# Don't rush with ponds mix: Local

**COMMUNITY** Several mix recipes being considered to one day cap the Sydney tar ponds have never been tested in a lab before, but are now being mixed into a portion of the site.

Marlene Kane, a local resident who has taken it upon

herself to review tar ponds agency reports, said the Sydney Tar Ponds Agency and its project experts should be further testing recipes, not creating new ones. Testing at the south pond is expected to begin next week.

THE CAPE BRETON POST

## News in brief

**GIVING** It's a little early for Christmas, but Ninon Anderson recently walked into the Colchester Regional Hospital with a bag full of presents. The Truro resident is a contributor to the

Angel Quilt Project, an organization that donates cross-stitches and quilts to hospitals across Canada. The quilts are given out to sick or premature babies and mothers. **THE TRURO DAILY NEWS**

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**Pregnancies up from historic low**

Might want to stock up on diapers. Statistics Canada says pregnancies across the country went up in 2005, to 54.6 pregnancies per 1,000 women. That's up 1.3 per cent from 2004's historic low, but still down 9.3 per cent from 1996.

METRO HALIFAX

## Fire damages Windsor Forks eatery, store

**HIGHWAY 14** A popular variety store and take-out eatery along Highway 14 in Windsor Forks has been damaged after fire erupted there early on Friday.

The Windsor Volunteer Fire Department responded to the call at approximately 3:42 a.m. Upon arrival, Acting Chief Burgess noted the fire was located at the rear of the store and then extended to the attic area of the structure. However, he noted crews were able to extinguish the fire with a minimal amount of water.

Hantsport and Brooklyn fire departments provided mutual aid. RCMP and an NSPI crew were also at the scene. The site has been secured until the Fire Marshall's Office is able to inspect the site. **METRO HALIFAX**

## StatsCan releases Aug. foreign data

**INVESTMENTS** StatsCan numbers released today show that foreign divestment in Canadian securities slowed to \$730 million in August.

Foreign investors sold Canadian shares at a faster pace in August but returned to the Canadian bond market, adding private corporate and federal government bonds to their portfolios.

Meanwhile, Canadian holdings of foreign securities edged down \$172 million. Canadian investors further reduced their holdings of foreign debt instruments in August, almost all short-term debt instruments. However, they carried on robust investment in foreign equities.

METRO HALIFAX

## Columnist to be 'Advisor'

**COMMITTEE** Eldon MacKeigan, Sandler licensee for Nova Scotia and Prince Edward Island and longtime Nova Scotia Business Journal columnist, has been invited to serve on Sandler's international "Trusted Advisor" committee.

The group will be involved in the launch of new products, and will ask beta test and provide feedback to head offices in Baltimore and Vancouver.

The "Trusted Advisor" group will be a sounding board over the next few years and will be instrumental in developing the next levels of Sandler Training.

METRO HALIFAX

## Wind farm concerns in P.E.I.

**SUMMERSIDE** A delegation of concerned citizens is asking the city of Summerside, to reconsider plans for a new wind farm development.

Spokesman Keith Tanton says there are too many questions about health and property issues for the plan to go ahead in its

present form.

He says minimum setback distances for wind turbines in countries such as France can be as much as two kilometres while the Summerside plan could be as little as 400 metres.

He says in other jurisdictions, where giant wind

farms have taken root, residents have complained of sleep problems, headaches, dizziness and other health issues.

Tanton has written council asking that members vote against a proposed rezoning and revisit the matter of site selection.

THE CHARLOTTETOWN GUARDIAN

### News in brief

**TRAINING** Canadian organizations invest heavily in occupational health and safety training and new equipment to protect employees, yet spend little on upgrading the basic skills and literacy of their workers, according to a new Conference Board report. Survey data has shown that employers spent 10 per cent of their training budgets on occupational health

and safety training but just two per cent of the budget for organizational training, learning and development on literacy and basic skills upgrading. Transportation and utility sector spending on literacy and basic skills was \$4 per employee in 2006, information and communications technology spent \$32 and financial services spent \$13 per employee.

METRO HALIFAX



## Thanks for making things a little greener.

Thanks to the over 63,000 volunteers that participated in this year's TD Great Canadian Shoreline Cleanup. With your help, over 100,000 kilograms of litter was picked up from the shores of our oceans, lakes, rivers, streams, and ponds. It's just one more way we're working together to add a little green to our communities.

**To learn more about the TD Friends of the Environment Foundation, go to [www.fef.ca](http://www.fef.ca) or visit your local TD Canada Trust branch.**

**TD Friends of the Environment Foundation**

As the federal government prepares to draft regulations prohibiting the importation, sale and advertising of polycarbonate baby bottles that contain bisphenol A, Born Free Canada, of Vaughan, Ont., finds its products in high demand. The company says it's the only Canadian manufacturer of BPA-free baby bottles. **REUTERS**

**Born Free corners baby-bottle market**

# Canada



## Dairy farmer in contempt

Dairy farmer Michael Schmidt was found in contempt of court yesterday for distributing raw milk from a co-operative farm he runs in Owen Sound, Ont. For health reasons, the sale of raw milk is illegal in Canada. Schmidt said he does not sell or distribute raw milk, but simply provides the milk to the cow's owners, all of whom pay to board the 300 cows at his farm.

**TORSTAR NEWS SERVICE**

# Poverty rates rise rapidly

Gap between rich and poor is higher than average in Canada: Study

**Poverty and inequality rates in Canada have been on the rise since 1995 and are now higher than the average developed nation, according to a new study.**

The income gap is growing throughout the developed world, but the gap between rich and poor in Canada widened more dramatically than in most countries between 1995 and 2005, according to the report released in Paris today.

The 20-year analysis by the 30-member Organization for Economic Co-Operation and Development

**"Even in a period of dramatic growth in the job market ... trickle down has not happened."**

Armine Yalnizyan

found only Germany saw a similar rate of increase during the past 10 years.

"After 20 years of continuous decline, both inequality and poverty rates (in Canada) have increased rapidly in the past 10 years, now reaching levels above the OECD average," says the report.

As in other countries, more single-parent households and people living

alone are contributing to income inequality in Canada.

And wages for the rich are increasing, while they have been stagnating or dropping for middle and lower income workers, the report says.

Most affected have been young adults and families with children.

Canada spends less on cash transfers, such as unemployment and family

benefits, than other OECD countries and that may be one of the reasons the country fares worse than others, the report suggests.

The report echoes concerns raised by Canadian social research groups about growing income disparity in Canada at a time of strong economic growth.

"It's a consistent repudiation of the trickle-down theory," said Armine Yalnizyan, an economist with the Canadian Centre for Policy Alternatives, which has written several reports on the issue.

"Even in a period of dra-

matic growth in the job market — and Canada has been a leader in job growth in the G-7 in the last 10 years — trickle down has not happened," she said.

The OECD report underscores the need for federal action, she said, adding every political party except the recently elected federal Conservatives had plans to cut poverty in their campaign platforms.

"It will be interesting to see how the other parties form a coalition of interest on this issue, or if they do," Yalnizyan said.

**TORSTAR NEWS SERVICE**

## Residential school probe head resigns

**POWER STRUGGLE** The high-profile examination into the systemic abuse of aboriginal children at church-run

residential schools

ground to a halt yesterday when the head of the federal commission abruptly resigned, citing a power struggle.

The Indian Residential Schools Truth and Reconciliation

Commission is supposed to travel the country listening to some of the 150,000 aboriginals who were forced into residential schools, where many say they were sexually and physically abused.

As part of the official apology, Prime Minister Stephen Harper told Parliament that there could be no excuses for what happened at the government-funded, church-run schools, which mainly operated from the 1870s to the 1970s.

## Ottawa to help banks compete

**ECONOMY** Finance Minister Jim Flaherty is set to announce measures this week to help domestic banks keep up with foreign competitors, which are benefiting from government bailouts.

Flaherty was en route to Ottawa yesterday to discuss a series of options with officials in his department, a source familiar with the situation said.

An announcement should be made "sooner rather than later," he said, when asked if an announcement would come this week.

## Computer bug delays Air Canada

**GLITCH** Air Canada suffered a computer glitch that prompted an unspecified number of flight delays yesterday across its Canadian network, a spokesman said.

Air Canada's computers appeared to be coming back on line by around midday, spokesman Peter Fitzpatrick said.

**REUTERS**

## Liberals roast former PM John Turner

**TORONTO** Ontario Premier Dalton McGuinty says former prime minister John Turner had to be persuaded to attend

a dinner in his honour last night.

The premier said Turner wanted to be roasted, with proceeds going to his favourite causes.

"I won't be roasting John, not only out of respect, but because Scotch is highly flammable," the premier quipped.

**TORSTAR NEWS SERVICE**

## Some premiers support 'practical' deficits

**ECONOMY** Ontario will run a "temporary" budget deficit to protect social services and preserve infrastructure spending, Premier Dalton McGuinty said yesterday.

"You get yourself into trouble if you have an ideological aversion to deficits. You don't embrace deficits but ..... let's be practical here. The choice is you cut programs, you can raise taxes or you run deficits," McGuinty said at a one-day meeting on the economy with Canada's provincial and territorial leaders.

McGuinty said he hoped Prime Minister Stephen Harper and Finance Minister Jim Flaherty resist any "ideological slavishness" to balancing their books at all costs — on the backs of the provinces.

Manitoba Premier Gary



Alberta Premier Ed Stelmach, left, sits beside Prince Edward Island Premier Robert Ghiz, centre, and Manitoba Premier Gary Doer after a Council of the Federation meeting yesterday in Montreal.

Doer agreed.

"Everybody understands that what happened in '95 is the deficit was moved

from the federal government to the provinces and from the provinces to the municipalities and we still

have potholes in our country from what happened in '95," Doer said.

**TORSTAR NEWS SERVICE**

## News in brief

**IRVING FINED** Forestry giant J.D. Irving Ltd. was fined \$60,000 after pleading guilty yesterday to destroying a blue heron habitat in New Brunswick two years ago, CBC News Online reports. Charges were laid in 2006 for violating the Migratory Birds Convention Act by destroying a blue heron colony on company property near Cambridge Narrows, about 80 kilometres north of Saint John.

**AIR SAFETY** Since March 5, 15 pilots at Toronto airports have

complained someone shined laser pointers at incoming or outgoing aircraft, blinding the pilots.

**SNAKEBITEN** A Winnipeg man is receiving medical treatment after being bitten by an African snake on Sunday, CBC News Online reports. The 31-year-old man was bitten in the face by a gaboon viper, police said. Antivenin was flown to Winnipeg from Toronto to treat the man, who is listed in guarded but unstable condition.

**METRO NEWS SERVICES**



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# Comment & Views

## Comment

### Dion deserves more time

#### NationalReport

Lawrence  
Martin



Stéphane Dion made a smart move yesterday — at least from his own point of view. Step down, yes. But not now.

Being the bizarre game that it is, politics produces many unpredictable twists. Minority governments can fall — quickly and unexpectedly. Remember Joe Clark's in 1979?

Staying on gives the Liberal leader that remote possibility — another election. It gives him an opportunity, with an honourable performance over the next seven months, to improve his image.

The Liberals didn't have anyone in the wings who would have been an impressive interim leader. Paul Martin stepped down right away after being defeated in the 2006 campaign — and now regrets having done so. There was no hurry. His party would have fared much better in the interim under Mr. Martin than it did under Bill Graham.

Given his weak performance as captain of the team, Mr. Dion deserves much of the criticism he has received. But by historical standards, he deserves a little more time. Lester Pearson suffered a worse thrashing than him in the 1958 campaign. John Turner did worse in the 1984 campaign. And both stayed on.

Mr. Dion should be reminding everyone of something. The Conservatives won only a minority. They were supposed to do better than that. John

**Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job.**

Diefenbaker and Brian Mulroney won landslides against Mr. Pearson and Mr. Turner.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job. It's been an added problem ever since he took the reins.

Now all hell will break loose in the party in the scramble to succeed him. Bob Rae and Michael Ignatieff start way out in front. They are both quality candidates.

Some want Frank McKenna to make a political comeback but he would be

wise to stay on the sidelines. He has been out of politics for more than a decade and is rusty. He has no experience at the federal level. His French is far worse than Mr. Rae's and Mr. Ignatieff's and he is not as articulate as they are in English either.

Some are promoting Ontario Premier Dalton McGuinty. He's a good premier but he's got about as much charisma as Stéphane Dion.

In Mr. Rae and Mr. Ignatieff the Liberals have two compelling candidates. Had they picked one of them the first time round they wouldn't have been in the predicament they find themselves in now. One of them might have been prime minister today.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Views

### World's not just a stage, it's a catwalk

By DAVID DIXON  
Canadian Designer,  
David Dixon Label

Appraising my 2009 spring collection at its Canadian debut today at L'Oreal Fashion Week (in Toronto), thoughts of what should go with what, and whether the collection will be "runway ready" overwhelmed me!

However, the non-"follower of fashion," might question the relevance of those concerns — not to mention the months of preparation — for a brief 15-minute presentation.

Is fashion relevant? In short, yes. Fashion is more than about the right dress or the next big thing, it's a direct reflection of our times as well as our own self-expression. Fashion is a part of our culture and gives us markers for historical reference. No one can look back at the whimsical '50s without a nod to the poodle skirt — and its in-

#### Global demand

• David Dixon designs are sold across Canada, the United States, Kuwait, United Arab Emirates, Switzerland, Germany, Hong Kong and Tokyo.

fluence on fashion. In fact each passing decade has a "look" that clearly depicts those times.

Whether we admit to it or not, we wear clothes as armour and uniform. The clothes we put on our body are an outward expression of who we are and how we feel at the moment — or, sometimes, simply a way of "fitting in."

Fashion can be perceived as a confidence booster at a time of uncertainty — both culturally and economically. Ironically, when big businesses are slimming down or "rightsizing" or laying off, it is often the well-coiffed and well-dressed who are last



Fashion designer David Dixon shares the spotlight with models at a show earlier this year in Toronto.

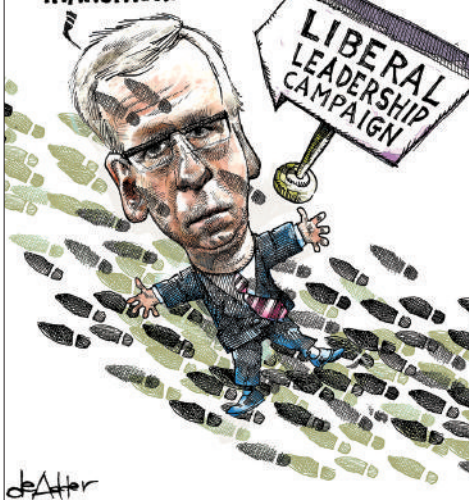
to be laid off. Why? Perhaps it is that they are perceived as a stronger commodity to the organization.

As a culture, we have adopted a fascination with people and the way they dress, especially celebrities. Why? Is it really going to make a difference in our lives if Angelina Jolie is wearing Jill St. John or Gucci? I would think not, but what fashion and celebrity do is create an image to aspire to. And in this realm, yes fashion can be looked at as a motivator to perhaps get a promotion at work, so that you too can wear better clothes.

In the political arena, the importance of image is crucial. As a population, we often judge our prelections on how they look rather than their positions on issues. When we look at the Democratic race in the United States, no one forgets that Hillary wore great pantsuits — feminine, yes, but powerful as well.

So is fashion relevant? Ask yourself that when you are going on that first interview, first date — or you run for office. Your answer will be clear. And make no mistake about it: the world is not just a stage, it's a catwalk — and everyone is watching.

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## Letters

Jonathan Dean  
Leader, The Atlantica Party

What is the most important result from the federal election?

It's not who got elected where, it's not the outcome of various "grudge" matches around the country, or the final seat totals, it's not even the resulting minority government for Mr. Harper. The most important result is buried in the data from Elections Canada, a footnote really. It is the historically low turnout of 59.1 per cent.

Why are people not coming out to vote? Disinterest in or cynicism of politics in general? We have always had that. No, the reason is the growing

knowledge that our representatives do not really represent us, the voters. Yes they "represent" us in a superficial fashion, they stand for our riding. But they don't express our political wishes on the issues of the day since the party dictates their votes in the House. So voters are, correctly, stating "why should I vote if my representative will not vote for me?"

Shrinking turnout is a bad thing but it does point to something good; more and more citizens are becoming political sophisticates and can see how they are sidelined politically and this sets the stage for the coming rebirth of our democracy in terms of political and electoral reform.

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At least 21 prisoners died in a jail riot in Mexico near the Texas border yesterday when inmates from rival gangs staged a gun battle and set fire to the building. **REUTERS**

# World



## China-made body spreads tainted

Chinese-made, chocolate-flavoured body spreads sold in British sex shops have been found to be tainted with melamine, the same chemical that made thousands of babies ill in the tainted-milk scandal in China, food safety authorities said yesterday. **REUTERS**

# McCain facing more criticism over Palin pick

**With the U.S. financial crisis dominating voter concerns just two weeks before election day, Republican John McCain is facing renewed criticism over his choice of Sarah Palin as a vice-presidential running mate.**

Conservative commentators, late-night comedians and even Colin Powell have questioned the Arizona senator's judgment

for putting the little-known Alaska governor on the White House ticket.

Palin, a mother of five whose staunch opposition of abortion rights has energized her party's base, is still drawing large crowds and bringing conservative voters who were wary of McCain back to the Republican fold.

But crucial independents in must-win battleground

**"She's to be admired, but at the same time ... I don't believe she's ready to be president of the United States, which is the job of the vice-president."**

Colin Powell

states on Nov. 4 are having second thoughts, analysts say, after Palin's performance on the national stage failed to illustrate her

readiness to take over the country's top job.

Powell, a Republican former secretary of state, cited McCain's shaky re-

sponse to the financial crisis and his choice of Palin as one reason he crossed party lines to endorse Democrat Barack Obama.

"She's a very distinguished woman, and she's to be admired, but at the same time, now that we have had a chance to watch her for some seven weeks, I don't believe she's ready to be president of the United States, which is

the job of the vice-president," Powell said on NBC's Meet the Press.

A new ABC News/Washington Post public opinion poll shows 52 per cent of likely voters say McCain's pick of Palin has made them less confident in his judgment. That is up 13 points since just after Palin joined the Republican ticket on Aug. 29.

**REUTERS**

## Pilot was ordered to shoot down UFO during Cold War

**MYSTERY** Two U.S. fighter planes were scrambled and ordered to shoot down an unidentified flying object (UFO) over the English countryside during the Cold War, according to secret files made public yesterday.

One pilot said he was seconds away from firing 24 rockets at the object, which moved erratically and gave a radar reading like "a flying aircraft carrier."

At the last moment, the object disappeared from the radar screen and the high-speed chase was

called off.

The pilot, Milton Torres, now 77 and living in Miami, Fla., said it spent periods motionless in the sky before reaching estimated speeds of more than 7,600 miles per hour.

After the alert, a shadowy figure told Torres he must never talk about the incident and he duly kept silent for more than 30 years.

His story was among dozens of UFO sightings in Defense Ministry files released at the National Archives in London.

**REUTERS**

## News in brief

**BIRTHS** A woman who was struggling to conceive ended up giving birth to six healthy babies in a German hospital, the medical director of Berlin's Charite hospital said yesterday. The woman gave birth to four boys and two girls.

**DISEASE** The AIDS virus, HIV, may cause blood clots and other problems with blood vessels that can kill patients prematurely even if they are relatively healthy, researchers reported yesterday.

**REUTERS**

## Kabul Taliban kill aid worker



British aid worker Gayle Williams, seen in this undated photo, was killed by two Taliban gunmen in the Afghan capital of Kabul yesterday. She was accused of spreading Christian propaganda.

## Junk food causes a third of global heart attacks: Study

**NUTRITION** Diets heavy in fried foods, salty snacks and meat account for about 35 per cent of heart attacks globally, researchers reported yesterday.

Their study of 52 countries showed that people who ate a "western" diet based on meat, eggs and

junk food were more likely to have heart attacks, while those who ate more fruits and vegetables had a lower risk.

The study supports previous findings that show junk food and animal fats can cause heart disease, and especially heart attacks. **REUTERS**

## International pact sought to curb cigarette smuggling

**HEALTH** Delegates from more than 150 countries met yesterday to push for a wide-ranging pact to curb the booming trade in cigarette smuggling.

The week-long conference in Geneva is being held under the auspices of the World Health Organization (WHO), which estimates 5 million people die each year from diseases related to smoking.

"Illicit trade in tobacco

products contributes to the rise in tobacco consumption and poses a serious threat to health," the WHO said.

By making cigarettes available to buyers at prices two to three times lower than in the shops, smugglers are threatening to undermine global efforts to reduce smoking rates and save lives, WHO officials say. **REUTERS**

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**Bargain hunters head online for Black Friday sales ads**

Anxious shoppers wanting an early glimpse of the deals U.S. retailers will offer for the post-Thanksgiving Black Friday sales can get a sneak peek at websites that publish what they claim are advance copies of newspaper ads. **REUTERS**

**11**

# Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

**THE DAILY BUSINESS BUZZ**

**Trade Centre a major mover:** Trade Centre Limited released numbers from its 2007/08 annual report that suggests that the facility is a major mover in the economy of Halifax and area, bringing in \$102.8 million in direct spending, plus an additional \$72.4 million in incremental expenditures. The centre hosted more than 753,700 people for 753 events over the last year.

**2008 ICE Award winners:** The best in advertising creative were celebrated at the 2008 ICE Awards. Extreme took Best In Show for its Workers' Compensation Board Campaign. Colour was commended for Killam Properties and Trampoline for its unique direct mail piece developed for Pierceys.

**Scotian wind energy storage:** Scotian WindFields has been successful in its application to the ecoNova Scotia program for the installation of a flow battery energy storage system. It will work with VRB Power Systems to install two fuel cell systems that hold 4 hours worth of storage capacity.

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**Baseball Louisville in fever pitch**

Production was in high gear for Hillerich and Bradshaw employee Tommy Forrest, seen lacquering World Series baseball bats made for players of the Tampa Bay Rays and Philadelphia Phillies at its Louisville Slugger plant in Louisville yesterday.

**Fed backs second stimulus plan**

**ECONOMY** U.S. Federal Reserve Chairman Ben Bernanke told Congress yesterday that another stimulus package may be needed as the economy limps through what could be "several quarters" of subpar growth, explicitly

endorsing a second stimulus plan for the first time.

The government sent out about \$100 billion in tax rebate checks over the summer to try to jumpstart the economy, but consumer spending has struggled since then. **REUTERS**

**Business in brief**

**WIRELESS** Research in Motion shares fell 10 per cent yesterday after analysts said retail sales trends of BlackBerrys were weaker than hoped, and earnings forecasts were cut.

**VIDEO GAME** Sony has delayed sales of highly anticipated PS3 video game LittleBigPlanet by at least a week after finding a potentially offensive Islamic song in the game. **REUTERS**

## 'Window of opportunity' to clean emissions closing: Energy experts

The International Energy Agency says countries aren't doing enough to develop and deploy systems that capture and store carbon dioxide emissions from power plants, even though such technologies are considered crucial in the battle against climate change.

Only four full-scale carbon capture and storage projects are in operation around the world today, it said, and none of them involve coal-fired power plants, which are expected to be a major source of greenhouse gas emissions in the coming decades.

Nobuo Tanaka, executive director of the energy agency, put it bluntly: "The window of opportunity is closing."

In Canada, Alberta — which has allotted \$2 bil-

**"If these ... projects do not materialize in the near future, it will be impossible for the technology to make any meaningful contribution to greenhouse gas mitigation."**

International Energy Agency

lion toward capturing oil-sands-related emissions this July — and Saskatchewan are taking the lead on carbon capture and storage research, and while a handful of initiatives have been announced or are under discussion, even the most advanced project is seven years away, at best.

Meanwhile, G8 countries have said they will commit by 2010 to 20 large-scale demonstration projects with the goal of broad deployment by 2020. But rising costs, insufficient financing, and a lack of reg-

ulatory support have created barriers to action and even led to some projects being cancelled.

"Current spending and activity levels are nowhere near enough to achieve these deployment goals," according to an agency report released yesterday at a conference in Paris.

"If these demonstration projects do not materialize in the near future, it will be impossible for (the technology) to make any meaningful contribution to greenhouse-gas mitigation efforts by 2030." **TORSTAR NEWS SERVICE**

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• Boy - 10 • Girl - 9  
• Girl - 2 • Mom  
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**Family 13**  
• Girl - 9 • Girl - 5  
• Girl - 4 • Girl - 1 • Mom  
Sponsored by:



**Family 14**  
• Boy - 7 • Mom  
Sponsored by:



**Family 15**  
• Girl - 14 • Girl - 12  
• Mom  
Sponsored by:



**Family 21**  
• Girl - 18 • Girl - 15  
• Girl - 7 • Mom  
Sponsored by:



**Family 22**  
• Boy - 18 • Girl - 16  
• Girl - 14 • Girl - 13 • Mom  
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• Boy - 16 • Girl - 14  
• Boy - 9 • Mom  
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• Girl - 12 • Mom  
Sponsored by:



**Family 31**  
• Boy - 17 • Girl - 15  
• Boy - 14 • Girl - 10 • Mom  
Sponsored by:



**Family 32**  
• Boy - 12 • Mom  
Sponsored by:



**Family 33**  
• Boy - 10 • Mom  
Sponsored by:



**Family 34**  
• Boy - 8 • Mom  
Sponsored by:



**Family 35**  
• Boy - 16 • Boy - 10  
• Mom  
Sponsored by:



**Family 41**  
• Girl - 12 • Boy - 11  
• Boy - 10 • Boy - 7 • Mom  
Sponsored by:



**Family 42**  
• Girl - 15 • Girl - 13  
• Girl - 10 • Mom  
Sponsored by:



**Family 43**  
• Boy - 10 • Boy - 2 • Mom  
Sponsored by:



**Family 44**  
• Girl - 14 • Boy - 11 • Mom  
Sponsored by:



**Family 45**  
• Boy - 8 • Boy - 4  
• Mom  
Sponsored by:



# ily



**We're looking for your support.** We need 50 great citizens and corporations to make the holiday season a bit easier for our families!

The Salvation Army has identified the following 50 families from HRM who could use your assistance at this time of year. For information on what it means to adopt a family check out page 14 in today's paper.

To become a sponsor, call Metro Halifax at 421-5837 and speak to Christina Edwards.



**Family 6**  
• Boy - 8 • Boy - 5  
• Mom  
Sponsored by:

**Family 7**  
• Girl - 6 • Boy - 5  
• Boy - 3 • Boy - 8 mos  
• Mom  
Sponsored by:

**Family 8**  
• Girl - 13 • Girl - 8  
• Girl - 6 • Boy - 5  
• Boy - 8 mos • Mom  
Sponsored by:

**Family 9**  
• Girl - 12 • Boy - 11  
• Girl - 8 • Girl - 6 • Mom  
Sponsored by:

**Family 10**  
• Girl - 14 • Boy - 2 mos  
• Mom  
Sponsored by:

**Family 16**  
• Boy - 15 • Boy - 11  
• Mom  
Sponsored by:

**Family 17**  
• Girl - 13 • Boy - 7  
• Boy - 5 • Girl - 3 • Mom  
Sponsored by:

**Family 18**  
• Girl - 18 • Boy - 16  
• Boy - 12 • Boy - 6  
• Mom  
Sponsored by:

**Family 19**  
• Boy - 17 • Girl - 14  
• Mom  
Sponsored by:

**Family 20**  
• Girl - 8 • Boy - 5  
• Mom  
Sponsored by:

**Family 26**  
• Boy - 7 • Mom  
Sponsored by:

**Family 27**  
• Girl - 15 • Boy - 8  
• Mom  
Sponsored by:

**Family 28**  
• Boy - 17 • Boy - 12  
• Girl - 8  
• Mom  
Sponsored by:

**Family 29**  
• Twin Girls - 12  
• Mom  
Sponsored by:

**Family 30**  
• Girl - 5 • Boy - 5  
• Mom • Dad  
Sponsored by:

**Family 36**  
• Girl - 15 • Boy - 8 • Boy - 1  
• Girl - 10 mos • Mom  
Sponsored by:

**Family 37**  
• Girl - 16 • Girl - 10  
• Mom  
Sponsored by:

**Family 38**  
• Girl - 15 • Girl - 12  
• Mom  
Sponsored by:

**Family 39**  
• Boy - 16 • Boy - 14  
• Mom  
Sponsored by:

**Family 40**  
• Girl - 17 • Boy - 10  
• Girl - 7 • Boy - 5  
• Girl - 11 mos • Mom  
Sponsored by:

**Family 46**  
• Boy - 17 • Boy - 13 • Mom  
Sponsored by:

**Family 47**  
• Girl - 4 • Girl - 2  
• Boy - 9 mos • Mom  
Sponsored by:

**Family 48**  
• Boy - 8 • Girl - 5  
• Boy - 2 • Mom  
Sponsored by:

**Family 49**  
• Boy - 11 • Girl - 8  
• Boy - 2 • Boy - 1 • Mom  
Sponsored by:

**Family 50**  
• Girl - 5 • Boy - 2  
• Girl - 5 mos • Mom  
Sponsored by:

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

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## SmartCookies



smartcookies.com

In recent weeks it's been hard to avoid being inundated by information about the economy and stock market. If you have found yourself in the middle of a conversation and feeling totally out of the loop about stocks, bonds

and mutual funds, we are here to simplify the world of investing using an analogy most of us can understand — our wardrobes!

Let's begin with the basics — if we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on. For example, a plain white button-down or a pair of straight-leg jeans.

Bonds are issued by companies and municipal, provincial and federal governments. In exchange for

you lending them money, they issue a bond that promises to pay you back your money in the future plus interest. Bonds are much less risky than stocks.

Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy.

When you buy a stock, you buy a part of a business. As the value of the business or company fluctuates, the value of the owners "share" also increases or decreases.

Of course, some companies are riskier than others. If you choose to invest your money in a blue chip company (a company that is well-established and well-respected) — as opposed to a newly public company — you may make less money in the end, but the risk of losing money is not as great.

Last, we have mutual funds. Mutual funds represent what your closet should look like: A balance of basics that you can count on, mixed with other pieces you're betting will enhance the overall worth of your wardrobe (although there is a risk that they may not).

So, if one piece drops out of a fashion, or decreases in value, you still have many others to offset the loss.

Mutual funds offer you an opportunity to contribute money into a pool with other investors to purchase large amounts of



If we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity.

stocks, bonds or both. You invest in a fund, run by a professional, who buys shares or stock or bonds.

Mutual funds offer some unique advantages. As mentioned, these funds are comprised of both stocks and bonds, so through diversifying your investment, you lower your risk.

Also, as a general rule, you are able to sell shares quickly if you are in need of some cash. Lastly, there is a professional oversee-

ing your investments.

For more information on investing, check out our new book Smart Cookies Guide to Making More Dough, on sale in book stores this month and visit [smartcookies.com](http://smartcookies.com) for more on living your richest life. If you have questions or comments, please e-mail [smartcookies@metronews.ca](mailto:smartcookies@metronews.ca).

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

## Adopt a Family

Here is what it means to be a sponsor. If you are interested, please contact Christina Edwards at 421-5837. Hurry before the families are all spoken for!

## How the magic comes together:

- 1 -

A Sponsor agrees to provide new gifts (toys and clothing) for the children and meal for the family.

- 2 -

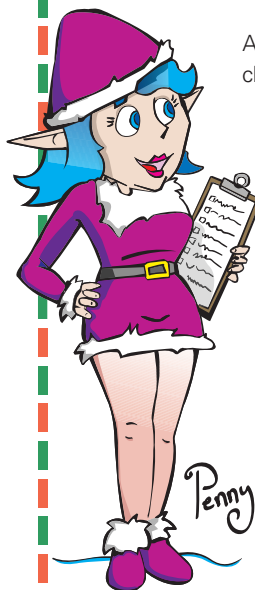
The meal can either be actual food items as outlined by the Army "hamper" list or a gift certificate for \$100 - \$125 to either Sobeys or Atlantic Superstore (gift certificate is recommended).

- 3 -

Metro News will provide each Sponsor with the family's description of members and a short "Christmas Wish List." Personal information will be kept private.

- 4 -

On December 13 Sponsors are asked to deliver their gifts to a designated Purolator drop off location.



metro  
Do it daily.



Purolator

## Survival of the small business

**Q** I operate a small retail home furnishing store and a warehouse that supplies other small stores. I have reduced inventory at both locations and have mounted an advertising campaign. What other steps can I take to ensure the viability of my business?

## MoneyMatters

Henry Choo Chong  
[choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca)

take advantage. Small business owners should not panic but remain calm, cool and collected.

Regardless of the business type, owners should have sound business practices in place. No business can be completely recession-proof, but in these economic times, it may mean tightening policies.

## Cash Flows:

No business stays afloat without a continued cash flow. Review your credit policies and those of suppliers.

## Inventory:

Manage inventory without hurting product quality or customer satisfaction. A business can hemorrhage from too much or too little

inventory.

## Sales:

Continue to attract new customers, however, do not ignore your existing client base. Where else can you receive better references? It is also cheaper.

## Cost:

Fixed costs do not change with the economic climate. Pay closer attention to managing other costs.

## Employees:

Treat them right. They can make or break a business. Get advice from your accountant or other professionals and now is the time to say hello to your banker.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

## Investing

Allan Small  
Have we hit rock bottom in the markets? Read this week's column at [metronews.ca](http://metronews.ca).

## BCE ... To Give or Not to Give

If you own BCE shares or other publicly traded securities, consider donating them to CNIB and help support over 800,000 Canadians living with vision loss.

If you donate your BCE shares, you can do so without incurring Capital Gains tax. Your shares would result in a tax break, rather than a tax burden, if you donate your BCE shares directly to charity before the December 11, 2008 purchase of BCE.



For more information, please contact Toni Croft at 1-800-563-2642 or [Toni.Croft@cnib.ca](mailto:Toni.Croft@cnib.ca) • [cnib.ca/securitiesgift](http://cnib.ca/securitiesgift)



## 2,100 games

Ottawa 67's coach Brian Kilrea coached in his 2,100th CHL game Sunday, a 6-2 win over the Sault Ste. Marie Greyhounds. Kilrea, already the Canadian Hockey League record holder for most wins as a coach, added to that total with victory No. 1,159.

METRO NEWS SERVICES

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## Sports



## Heavyweight franchises unite over food

Two of the most recognized U.S. sports teams — the New York Yankees and the Dallas Cowboys — have formed a stadium operations company. Each club will move into a new stadium next year, and officials from both teams said at a news conference yesterday that the company will allow them to provide better food options for fans.

REUTERS

SPORTS@METRONWS.CA

## Habs keep winning, declaw Panthers

**Francis Bouillon, playing his first game of the season, had the go-ahead goal midway through the third period, and Saku Koivu scored to pick up his 600th career point in Montreal's fifth straight win, 3-1 over the Florida Panthers.**

The Canadiens, in their 100th season, have still yet to lose in regulation, moving to 5-0-1.

That lone defeat came in a shootout to Buffalo to begin the season, and the victory yesterday gave the Canadiens their first five-game winning streak since March 17-27, 2007.

Tomas Plekanec scored into an empty net and Jaroslav Halak made 35 saves to remain unbeaten at home in regulation (9-0-1) in his career.

## NHL RESULT

Panthers 1 Canadiens 3



Keith Ballard scored his first goal as a Panther and Tomas Vokoun stopped 31 shots, but Florida faltered two nights after blanking the New York Islanders.

It was Florida's first loss at Montreal in regulation since January 28, 2003, a span of 10 games.

Florida tied the game with 7:20 left in regulation. Cory Stillman's shot from the slot was saved by Halak, but Ballard put in the rebound from the left of the net, lifting the disc over the netminder's pad.

Nearly 3 1/2 minutes later, the Panthers failed to clear the puck out of their zone. Bouillon, who was sidelined by a leg injury for the first five games of the season, then blasted a shot from above the left circle with the puck finding its way through a maze of players and past Vokoun at the 10:53 mark.

Florida was given a power play with 2:17 remaining thanks to a holding the stick penalty on Maxim Lapierre and opted to pull Vokoun, but Plekanec iced the outcome by taking the puck from his own end and scoring with 21.1 seconds left.

Nathan Horton had a great chance to score first for the Panthers, but Halak stopped the shot from in front nearly nine minutes into the contest.

METRO NEWS SERVICES



Francis Bouillon checks Radek Dvorak into the boards during second period last night.

## Financial crisis affecting sports

**MONEY** The global financial crisis has raised fears that many countries could enter recession. One industry that has already been affected is sport.

The credit crunch could have a silver lining for the hard-pressed organizers of the London 2012 Olympics who can now scale back their grand designs with the full blessing of the public and the IOC.

The slump in property prices, which could damage the chances of recouping money from the athletes' village after the Games, has also resulted in the number of post-Olympics apartments being reduced from 4,200 to 3,000. The economic downturn could allow the government to play "hardball" with the IOC over the scale of the Games and the contractors over price.

In baseball, the sale of the Chicago Cubs may be delayed by the crisis unless owner Tribune Co is willing to accept a lower price for the baseball team.

The PGA said last month golf's special bond with the corporate world and wide fan base put it in a strong position to ride out the current financial crisis.

REUTERS

## Lowell undergoes surgery on hip

**BASEBALL** Boston Red Sox third baseman Mike Lowell underwent arthroscopic surgery yesterday to repair a tear in his right hip and fix a bone spur, a day after the Sox were eliminated by Tampa. Lowell only had one at-bat in the last 11 regular season games and went 0-for-8 in two post-season games.

## Ellis re-signs with Oakland

**BASEBALL** The Oakland Athletics agreed yesterday on a two-year contract with second baseman Mark Ellis. The 31-year-old Ellis, who is coming off shoulder surgery last month to repair chips in the cartilage as well as a torn labrum, could have become a free agent after the World Series.

Ellis hit .233 with 12 home runs and 41 RBIs in 117 games for the A's in 2008.

METRO NEWS SERVICES

## Vegas seeing more than just a Ray of hope

## YorkReport

Marty York

marty.york@metronews.ca

The Tampa Bay Rays, whose worst-to-first ascent ranks as baseball's story of the year (and maybe the century), have been established as relatively heavy favourites to win the 2008 World Series.

Odds makers have decided bettors must lay \$1.50 on the Rays to win a dollar and stand to collect \$1.30 on every dollar they place on the underdog Philadelphia Phillies.

The Rays are favoured largely because they have home-dome advantage in the seven-game Series, which opens in Tampa tomorrow night.

Interestingly, the Rays seized the home advantage for the Series when one of their pitchers, **Scott Kazmir**, won the All-Star Game for the AL back in July.

Advice: Take Philly. The Phils' lineup is stacked with more prolific and more experienced batters than Tampa's and they have an almost-unhittable closer in **Brad Lidge**.

• Some oddsmakers also have put out a line on the Series' prospective television ratings — and they're suggesting viewership will be extremely low.

Last year's Series — a four-game sweep by the Boston Red Sox over the Colorado Rockies — drew the second-lowest ratings in Series history with a 10.6 share.

The over/under for this Series is a 10.2 share. Visit BetOnline.com for details.

• If you're human,



The Rays' Rocco Baldelli suffers from a career threatening mitochondrial disorder.

you're rooting for the Rays' **Rocco Baldelli**, who delivered the most important hit in his team's history — the game winner in the AL Championship Series against Boston Sun-

day night. Baldelli suffers from a mitochondrial disorder that leaves him easily exhausted and could, after the Series, end his career.

"Every single thing I used to do on the field, I used to do hard," Baldelli told me earlier this season. "I can't go hard any more."

In fact, Baldelli couldn't finish Sunday's game after becoming weary. He was replaced in the seventh inning by ex-Blue Jay **Gabe Gross**.

• Still smarting from their ALCS loss, the Sox are aiming to fortify their pitching, offering a package of prospects and cash to San Diego for ace **Jake Peavy**, whom the Padres have deemed expendable ... The Sox also hope to reacquire free-agent-to-be **Derek Lowe**. The Jays also covet Lowe, who isn't interested in returning to the Los Angeles Dodgers.

**7** • The number of home runs hit by Tampa Bay outfielder **B.J. Upton** in the postseason. He's the first player to hit seven playoff homers after posting fewer than 10 in the regular season.

Also likely to leave the Dodgers as a free agent is outfielder **Manny Ramirez**, who said: "I want to see who is the highest bidder, the price of gas is up and so is my price."

Two notable names who've applied to become the Milwaukee Brewers' new manager: **Willie Randolph** and **Paul Molitor** ... And expect this soon: The engagement of **Alex Rodriguez** and **Madonna**.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

## Pacman Jones enters alcohol treatment centre

**NFL** Suspended Dallas Cowboys cornerback Adam (Pacman) Jones has entered an alcohol treatment centre. The troubled player has checked into a facility, Cowboys owner Jerry Jones said.

The NFL said yesterday

it would not comment.

The league suspended Adam Jones for at least four games last Tuesday for again violating its personal conduct policy.

Only six weeks after being reinstated from a 17-month suspension be-

cause of repeated legal problems, Jones was involved in an alcohol-related scuffle Oct. 7 with one of his bodyguards at a private party in Dallas.

NFL commissioner Roger Goodell will determine the full length of



Adam Jones

the suspension after the Dallas Cowboys play Nov. 16 at Washington.

Goodell has said a lifetime ban remains a possibility.

The league has said reinstatement will depend on strict compliance with treatment plans and an evaluation by "clinical experts."

METRO NEWS SERVICES



Brittany Haverstock of Hammonds Plains is off to a terrific start in the NCAA Division 1 women's hockey ranks. The 5-foot-6 freshman has nine assists in her first eight games, which rates second in the entire nation for scoring among blueliners. She is a member of the national under-22 team. **METRO NEWS SERVICES**

## PBL schedule expected soon

**BASKETBALL** The Premier Basketball League is expected to release its 2009 schedule later this week. The Halifax Rainmen will play a 20-game season starting in January and will host 10 contests at the Metro Centre. The Rainmen will likely be placed in a division with the Vermont Frost Heaves, Manchester Millrats, Quebec City Kebs and Montreal Sasquatch. All five teams played in the American Basketball Association last season.

The Rainmen drafted their first two players last week and have agreed to terms on contracts with former Acadia Axemen star Walter Moysse, picked second overall, and American forward David Bailey, taken 26th overall.

## Junior A showdown

**HOCKEY** The best and worst of the Maritime Junior A Hockey League's Bent Division clash tonight at the Halifax Forum. The last-place Halifax Lions, sporting a sluggish 2-11-2 record, will look to shake off a five-game losing streak when they host the first-place Truro Bearcats (10-2-2) at 7 p.m. Lions forward Chad Locke will look to improve on his league-leading goal total of 12. He also has six assists for 18 points in just 13 games, putting him 11th in league scoring.

METRO HALIFAX

# Naugler back to the ring

## Halifax boxer ready to rebound from knockdown

**MATTHEW WUEST**  
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**Jason Naugler hopes his first taste of canvas is his last.**

**The 30-year-old boxer returns to the ring this weekend looking to shake off the first knockdown of his lengthy career. He hit the canvas in June with 10 seconds left in his 27th bout, a unanimous-decision loss to Jesse Brinkley in Reno, Nevada.**

"It kinda hurt my feelings," Naugler admitted. "I was never knocked down before, and, to boot, I had to go to the hospital in the ambulance. That really sucked. "But I picked myself up, I brushed my shoulders off, and I'm back. I'm not going to let that happen again."

Naugler, who is 18-8-1 with 11 knockouts, faces Las Vegas's Jean Paul Mendy (24-0-1, 13 knockouts) Saturday in Columbia, S.C., for the vacant International Boxing Federation inter-continental super middleweight crown.

While Naugler was knocked down in June, he still hasn't been knocked out. The Hebbleville, Lunenburg Co., na-

tive and Halifax resident said Mendy wants to succeed where others have failed, and that's why he lined up the fight.

"Everybody wants to know, 'Who's finally gonna take Jason out? Who's finally gonna knock him out?' And (Mendy) is on that list now," Naugler said. "He's got a shot at me and he's probably gonna try to come and tear my head off."

**"I was never knocked down before, and, to boot, I had to go to the hospital in the ambulance. That really sucked. But I picked myself up, I brushed my shoulders off, and I'm back. I'm not going to let that happen again."**

Jason Naugler

Naugler said he's proud of his knockout-free resume, especially when he glances at the calibre of his opponents — a list highlighted by Brinkley

(30-5), James McGirt (17-0), Samuel Miller (14-0) and Chad Dawson (19-0).

His secret? "It's just something that's inside," he said. "I just wouldn't be able to live with myself if I took the easy way out. I can probably absorb more than the average person."

Beyond a big payday, a win Saturday would likely catapult Naugler into the IBF top 10 and possibly put him in line for a title shot, so he calls it a "big opportunity."

"It will open up many doors," he said. Naugler recently reviewed the tape of his loss to Brinkley.

"I thought I put on a hell of a good fight, a competitive fight," he said. "The judges didn't score any rounds for me, but anyone can see, I didn't get blown out of the water."

He is looking to change his luck in the U.S., as he has come up short in his past seven American bouts. "I know I'm not the best fighter out there, but I fight with my heart, I fight with my (guts) and I fight with my chin," he said. "I'm always in the game. I'm always in the fight. This time, it's just, something's different. I feel it."



Jason Naugler says he's proud of his knockout-free resume.

## SCOREBOARD

QMJHL					x-Winnipeg					6	10	0	12	Dallas					4	3	0	571												
					Toronto					4	12	0	8	Philadelphia					3	3	0	500												
					Hamilton					3	13	0	6	SOUTH DIVISION																				
ATLANTIC DIVISION					WEST DIVISION										W					L	T	PCT												
W					L	OT	P	W					L	T	PCT	W					L	T	PCT											
Moncton					11	0	2	24	x-Calgary					11	5	0	275	Carolina					5	2	0	714								
Cape Breton					11	4	0	22	x-B.C.					10	6	0	20	Tampa Bay					5	2	0	714								
Saint John					8	6	0	16	x-Saskatchewan					10	6	0	20	Atlanta					4	2	0	667								
Bathurst					6	6	4	16	x-Edmonton					9	7	0	18	New Orleans					3	4	0	429								
P.E.I.					5	7	1	11	(x - clinched playoff spot)																									
HALIFAX					4	10	0	8	(y - clinched playoff title)										NORTH DIVISION															
CENTRAL DIVISION					WEEK 17										W					L	T	PCT												
W					L	OT	P	SUNDAY'S RESULT					Chicago <td>4</td> <td>3</td> <td>0</td> <td>571</td>					4	3	0	571													
Shawinigan					11	4	0	22	Saskatchewan 30 Hamilton 29					Green Bay					4	3	0	571												
Drummondville					10	2	2	22	SATURDAY'S RESULTS					Minnesota					3	4	0	429												
Victoriaville					9	7	0	18	Calgary 37 Montreal 16					Detroit					0	6	0	000												
Lewiston					5	9	0	10	Calgary 37 Winnipeg 44										WEST DIVISION															
EAST DIVISION					W					L	T	PCT	FRIDAY'S RESULTS					Arizona <td>4</td> <td>2</td> <td>0</td> <td>667</td>					4	2	0	667								
W					L	OT	P	B.C. 43 Edmonton 28 <td colspan="5">St. Louis</td> <td>2</td> <td>4</td> <td>0</td> <td>333</td>					St. Louis					2	4	0	333													
Quebec					11	1	0	22	NFL					San Francisco					2	5	0	286												
Rimouski					9	4	0	18						Seattle					1	5	0	167												
Baie-Comeau					4	6	3	11						WEEK 7																				
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WEST DIVISION					EAST DIVISION					W					L	T	PCT	SUNDAY'S RESULTS <td colspan="5"></td>																
W					L	OT	P	W					L	T	PCT	Buffalo 23 San Diego 14																		
Montreal					7	7	0	14	Buffalo					5	1	0	.833	Carolina 30 New Orleans 7																
Troy-Noranda					6	6	2	14	New England					3	2	0	.600	Chicago 48 Minnesota 41																
SUNDAY'S RESULTS					MIAMI 23					N.Y. Jets					3	3	0	.500	Green Bay 34 Indianapolis 14															
Val-d'Or					4	12	2	12	New York					2	4	0	.333	Houston 28 Detroit 21																
																				N.Y. Giants 29 San Francisco 17														
Acadie-Bathurst 5 HALIFAX 1																				Buffalo 23 N.Y. Jets 13 (OT)														
Baie-Comeau 4 Chicoutimi 2																				Pittsburgh 38 Cincinnati 10														
Val-d'Or 5 Gatineau 3																				St. Louis 34 Dallas 14														
Victoriaville 3 Cape Breton 2																				Tennessee 34 Kansas City 10														
																				Washington 14 Cleveland 11														
																				Tampa Bay 20 Seattle 10														
																									LAST NIGHT'S GAME									
																									Denver at New England									
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																									y-Saint Mary's					6	1	0	12	
																									x-St. FX					4	3	0	8	
																									x-Mount Allison					2	5	0	4	
																									Acadia					0	7	0	0	
																									(x - clinched playoff spot)									
																									(y - clinched playoff bye)									
																									SATURDAY'S RESULTS									
																									Saint Mary's 31 Mount Allison 16									
																									St. Francis Xavier 31 Acadia 20									

## New look for Dalhousie V-ball

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

The Dalhousie Tigers women's volleyball team has undergone a complete overhaul in the off-season.

It starts at the top, with Rick Scott taking over as head coach in place of Kirk Yanofsky, who resigned in March. It continues with seven rookies and nine new faces on the 14-member team, with the possibility of five freshman starters.

"We're an improved team, a more athletic team, and I think we'll contend this year and we'll definitely contend in the future," said Scott, a 37-year-old from Warren, Man.

The Tigers have fallen into a rut since winning their second Atlantic University Sport title in three years in 2005. They have an 8-33 record in back-to-back non-playoff campaigns.

Scott coached his high school team in Selkirk,



Robyn West had 25 aces last season.

this team, and we want to improve every year."

The Tigers suffered a blow in the off-season when Jess Gray, the most valuable player of last year's team, went down with a back injury. She won't be back until Christmas.

That puts more pressure on key recruits such as Courtney Giesbrecht and Kristie Shepherd.

Second-year setter Robyn West, who had 448 assists and 25 aces last season, and captain Maggie Morrison, who had 140 kills and 15 aces, will be the backbone of the team.

"We have some great young athletes and a core of veterans," Scott said. "The objective is to get better throughout the year and hopefully make some noise in the playoffs."

The Tigers and Saint Mary's Huskies open the season on Friday at an interlock tournament in Wolfville.

Man., to provincial titles the past four years and has won national championships as head coach of various Manitoba youth teams.

He is hoping to bring a breath of fresh air to the

program. "My style is to be really competitive, hard-working and disciplined, and we're going to play with a lot of passion and be a real team," Scott said. "That's how I hope to put my stamp on



**Get 2.5 hours of exercise per week, U.S. says**

Adults should aim to get in two and a half hours of exercise a week and children should run and play for at least an hour a day, according to new guidelines issued by the U.S. government. **REUTERS**

lifestyle **17**

# Health

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

## Some vitamins carry risk

Ask an expert if you should take extra supplements

CELIA MILNE  
for Metro Canada



**When it comes to vitamins, loading up isn't always better. Although many vitamins have health benefits, some also carry risks.**

The best route is to eat a well-balanced diet (use Canada's Food Guide) and then ask an expert whether you need to take extra vitamins. "Consult a dietician to see if you need a supplement," says Dr. Susan Whiting, (PhD), a professor in the college of pharmacy and nutrition at the University of Saskatchewan in Saskatoon.

Dr. Whiting and colleagues took a thorough look at international studies of various vitamins and outlined for the Dieticians of Canada which ones were beneficial and which ones were possibly harmful. Some vitamins have clear benefits to certain age groups: For instance, women who are pregnant or breastfeeding need a multivitamin supplement containing folic acid every day. Men and women over 50 need a daily vitamin D supplement of 400 IU. Min-



Some vitamins got a failing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis.

erals such as calcium also have clear benefits: Calcium is associated with a decrease in colorectal cancer and blood pressure.

But some vitamins have both risks and benefits: Vitamin E can increase a person's risk of lung cancer, but also decrease incidence of prostate cancer.

Some vitamins got a fail-

ing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis. Both of these vitamins, in some studies, increased the risk of death from all causes.

The main message is that with vitamins, the more is not necessarily the merrier.

"The consumer needs to know there are benefits and risks," says Dr. Whiting.

### Find a dietician

- To find a dietician in your neighbourhood, visit [dietitians.ca](http://dietitians.ca).

## Coffee, breast cancer link tenuous

CELIA MILNE  
for Metro Canada



**RESEARCH** Drinking coffee doesn't seem to increase your overall risk of getting breast cancer. But the relationship between caffeine consumption and breast cancer is not crystal clear, according to a report in a recent issue of Archives of Internal Medicine.

Doctors in Boston and Tokyo studied 38,432 women over age 45. For the study, these women provided detailed information about what they ate and drank and

doctors charted the women's health for about 10 years. In that time, 1,188 of the women developed malignant breast cancer. Overall, drinking coffee or consuming other caffeinated foods was not

linked to the risk of breast cancer.

More analysis revealed that the risk of certain types of breast cancer — hormone receptor-negative breast cancer or tu-

mours greater than two cm — was higher with a larger amount of caffeine consumption. "The mechanisms by which caffeine



Overall, drinking coffee or consuming other caffeinated foods is not linked to the risk of breast cancer, says a recent report.

may affect breast carcinogenesis [cancer development] are complex and remain unclear," the authors wrote.

### In brief

**OBESE KIDS** In the first study to look at the impact of literature on adolescent obesity, researchers at Duke Children's Hospital, in North Carolina, discovered reading the right type of novel can help kids lose weight. Researchers asked 31 obese girls ages 9 to 13, who were already enrolled in a weight-loss program, to read an age-appropriate novel called Lake Rescue (Beacon Street Girls), whose protagonist derides herself as "the big girl" at school.

TORSTAR NEWS SERVICE

**INTERNET** Searching the Internet may help middle-aged and older adults keep their memories sharp, U.S. researchers said recently. Researchers at the University of California Los Angeles studied people doing Web searches while their brain activity was recorded with functional magnetic resonance imaging scans.

REUTERS



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## In brief

**CHILDREN** Studies show having a TV in a child's bedroom increases their risk of being overweight. **TORSTAR NEWS**



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# Everyone's got a little kink

## The J Spot

### Josey Vogels

Sex talk with Josey

It gives new meaning to the expression "being a slave to fashion." As part of Toronto Fashion Week, Northbound Leather is hosting X-posé, its 12th annual kink fashion show.

And if you think kink is only for underground nocturnal urbanites, don't kid yourself.

"We see everyone from goths to (house) wives at our show," says George Giaouris, who took over the Yonge Street family leather business from his father and has turned it into a sort of Wal-Mart of fetish accessories.

Giaouris admits he's had no formal education when it comes to assessing people's particular sexual bents, but as a self-described "old whore" when it comes to this



Don't kid yourself — kink isn't only for the underground nocturnal urbanite types.

stuff," he can guess within a minute of someone coming into the store.

"If they reach out and touch corsetry, they probably like a bit of bondage and a corset is a bit like a great, big hug," Giaouris explains. "When they enter my store, they wear their sexuality on their sleeve."

And if it's a latex or leather sleeve, it may be because of those early sexual

fumblings in the vinyl or leather back seats of that old Chevy when they were teenagers.

Giaouris believes everyone has a fetish, that whatever you associate with early sexual arousal will always have a special place in your heart. If you first did it on a fur rug, for example, fur may always be a turn on for you.

For others, experimenting

with the darker side of their sexuality is about relinquishing or experiencing power.

"The person that's the CEO, or high-level manager gets tired of always calling the shots and the one who never gets to make the decisions likes to experience being the one in control," explains Giaouris.

For a lot of couples who crave the excitement that came so effortlessly early in

the relationship, expanding their sexual boundaries is a way of rediscovering that thrill. They are comfortable in their sexuality and secure in their relationship, but just looking for a way to take things up a notch. And now, with the luxury of the Internet, a couple can tread into this sometimes scary territory from the comfort of their own homes.

"They don't have to put themselves out there," says Giaouris. "There are plenty of online resources, support groups and networks. These days, you and your partner can take everything from a cooking class to a rope class that will teach you how to tie your partner up sensually. There is no danger in exploring."

After all, Giaouris says coyly: "Like teenagers who always want to do what they're told they shouldn't, forbidden fruit tastes best."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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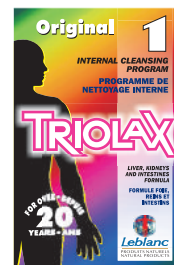


## Where do these toxins come from?

Over eating, coffee, alcohol, fermentation, refined sugars, food additives, calcareous water, pollution, etc.

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**Carell to tackle Sellers**

Actor Steve Carell is reportedly in talks to resurrect the work of late comic Peter Sellers. Carell is said to be negotiating a deal to remake 1967 film *The Bobo*, which originally starred Sellers and Britt Ekland, with himself in the lead role. **IMDB.COM**

**19**

# Entertainment

**Bourne 4**

Matt Damon is to star in a fourth Bourne movie. The actor is reportedly set to return to the role of the amnesiac spy Jason Bourne.

FEMALEFIRST.CO.UK

## One last shot for Smith

PHILIP CROUCHER

philip.croucher@metronews.ca

**Meaghan Smith decided it was time to have a real go at being a musician.**

So two years ago, the Halifax singer-songwriter began making songs for a new album with the mindset that they would be recorded for everyone to hear.

Smith didn't know if it would get picked up by a major record label, but she needed to try. Find out if this was the right career for her.

"I said to myself, 'I'm going to take one shot and go for it. If it works out, great. If it doesn't, I'm going to move on,' Smith said in a phone interview last week. "I just really wanted to give myself that chance in life, to be able to live with myself."

"Fortunately, and miraculously, it worked out."

In the early part of next year, Smith is going to release her first full-length

album *The Cricket's Orchestra*. It will include 11 songs and is being released under the label Sire Records, which is part of Warner Music.

Four years ago, Smith's first album *Lost With Directions* was recorded by CBC. *The Cricket's Orchestra* is a major departure from that smaller venture. As Smith puts it, "they don't have anything in common."

"The difference has been night and day," Smith said of the two albums. "I think I've really, really grown and changed and just matured. My voice has developed a little more. It's a completely different record."

Smith, who has been touring since mid-September as the opening act to Ron Sexsmith, is showcasing some of her new music in a pre-release EP titled *The Cricket's Quartet*. It features four songs from the upcoming album, including *I Know*, which has received regular play on



Meaghan Smith said, "I'm going to take one shot and go for it," when writing her album to be released next year.

CBC Radio.

Smith will play that song and others Saturday as she performs as part of Halifax Pop Explosion at The Carleton at 8 p.m. Smith, who was born in Lon-

don, Ont., moved to Halifax about eight years ago, and it was

**If you go...**

- **WHAT:** Halifax Pop Explosion
- **WHEN:** Today through Saturday
- **WHERE:** At 12 venues across Halifax.
- **INFO:** Go to [halifaxpopexplosion.com](http://halifaxpopexplosion.com) for complete details of performers, show dates and locations.

here her music career was launched.

With that in mind, Smith plans to cover songs from several Halifax musicians.

"I really just want to give my friends some props because it's an amazing place to come from musically," she said. "There is so much talent."

## Halifax Pop Explosion erupts in popularity

PHILIP CROUCHER

philip.croucher@metronews.ca

Halifax Pop Explosion is growing by leaps and bounds.

The popular music festival, which runs today through Saturday at 12 venues across the city, will feature a record 145 acts this year. That number is roughly 30 more than last year's total and 119 ahead of the inaugural Halifax Pop Explosion in 1993.

"This is our biggest event — by a lot," said the event's executive director Wayne Mason. "One of the big things that's happened over the last two years is the more sponsor money we get, the more people we get, and the more people we get, the more sponsor money we get."

"We have been able to take the investment (of sponsors), bring bigger bands in and get more people in front of them."

This year's lineup features the likes of Jay Reatard, GZA, Josh Ritter, Basia Bulat, Inbreds and Retribution Gospel Choir. Of the bands,

Mason estimated 35 per cent are from the local area, while about 50 per cent are Maritime-based.

"Part of what gets people down from Montreal or

Toronto (to the event) is they want to see local music," Wayne said. "We usually have local guys opening up for the guys from away. That's a great opportunity for them."

As part of this year's festival, the first

Halifax Film Explosion is taking place Thursday and Friday. There is also the third annual The Music Matters Conference Friday and Saturday at the Citadel Halifax Hotel.



Josh Ritter



SMASHES ON TO DVD  
**OCTOBER 21**

**In brief**

**RADIO** The CBC Radio One entertainment and arts show *Q* is coming to Halifax for a live broadcast Thursday at the Sir James Dunn Theatre at the Dalhousie Arts Centre from 7 to 9 p.m. Hosted by Jian Ghomeshi, guests will include The Trailer Park Boys and acclaimed indie veteran Mike O'Neill and his new band The Beginners. The show will kick off with a performance by Sebastian Grainger and the Mountains. Admission is free with seating limited to 170 on a first-come-first-serve basis. Doors open at 6:15 p.m. The show is being recorded for broadcast Friday at 10 a.m. and 10 p.m.

**PLAY** The pay what you can performance of Neptune Theatre's new play *Frost/Nixon* is taking place tonight at 8 p.m. in Fountain Hall. Audience members decide how much they want to pay to see this Tony Award winning play about David Frost and Richard Nixon's pivotal 1977 series of television interviews. Doors open at 7:30 p.m.

**ART** The Art Gallery of Nova Scotia set a new single day attendance record with more than 3,000 visitors last Saturday as part of the first Nocturne: Art At Night festival.

METRO NEWS SERVICES





Actor Will Smith has today topped a Virgin media poll as the person most likely to play Democratic presidential nominee Barack Obama in a film of his life. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

## Fashion critic Mr. Blackwell dies: Reports

**PEOPLE** Mr. Blackwell, the fashion maven whose annual "worst-dressed" list could be the bane of Hollywood celebrities, has died at age 86, according to reports.



Mr. Blackwell

Richard Blackwell, born Richard Selzer, had been in failing health for some time and in August was reported to be in a coma after a fall at his Los Angeles home. The Los Angeles Times quoted his publicist as saying the former actor and designer died Sunday in hospital.

Blackwell issued his "worst-dressed" list for 48 years and it became watched around the world as much for his caustic quips about the stars' fashion as for who made the list.

Last year he put Victoria Beckham at the top of his list, saying: "... in one skinny-mini monstrosity after another, pouty 'Posh' Beckham can really wreck-em."

REUTERS

# Perfect storm for Keane

## Band's latest album drops as financial crisis takes over

BRYAN BORZYKOWSKI  
for Metro Canada

**It's tough to imagine that America's crumbling economy would affect a giant rock band like Keane, but even they're worried that people will forgo buying their new disc and download it for free instead.**

"As the group's drummer I think people should pay for music," says the London-based trio's beat keeper Richard Hughes. "But I understand that some people won't be able to afford it."

"It's a bit like Barack Obama when he says health care is a right, not a privilege. Well, music is a right and I'd rather people hear it than not."

The fact that the world's love of excess and overspending is coming to a shocking halt right as the band release third album, *Perfect Symmetry*, is an odd coincidence, since the new music touches on



*Perfect Symmetry* — the new album from Keane — is now available in stores.

these themes.

"The record is about this kind of stuff," he says. "We know we're pissing away billions of pounds on bombs and guns and wars. We should be building better hospitals and homes for the people who walk around London that don't have homes."

While lyrics such as "maybe you find, life is unkind and over so soon, there is no golden gate, there's no heaven waiting for you," from the title track is dark, the music is anything but. In fact, Keane have transformed themselves from a brooding, piano-driven band into upbeat '80s rockers.

Hughes says Keane is just trying new things. "We've always loved bands that surprise you with

their next record," he says, citing David Bowie, Talking Heads and Depeche Mode as influences. "Take Radiohead. They're always trying to do something bolder and different each time. It's difficult to do, but once you establish yourself you can do it and it gives you total freedom."

While it's important to note the new tools in the band's musical arsenal, you can't help but listen to the album and think of the

**"Well, music is a right and I'd rather people hear it than not."**

Keane drummer  
Richard Hughes

elephant that's still in the room: singer Tom Chaplin's addiction.

The singer went to rehab in August 2006 to kick an alleged drug habit that made recording their last album, *Under The Iron Sea*, extremely difficult. The band avoided the topic on the new disc, because to them the story is old news.

"It's all over the music on the second album," admits Hughes. "It was a very dark record, and by now it feels like ancient history."

During the most trying times of Chaplin's addiction, Hughes wasn't sure the band would continue on. But they have, which might explain the happier sounds emanating from the new disc. "We enjoy playing together again," he says. "It was as if we broke down, got fixed and then we were sent on our way."

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## Eastwood takes a stand

Clint Eastwood, right, reportedly insists those who commit heinous crimes against children should always face the death penalty after researching child abduction and murder for two movies, *Mystic River* and *Changeling*. **IMDB.COM**



# Uncertainty for Mad Men

## WANTED — A FEW GOOD MEN:

With barely a week left before the season finale of *Mad Men*, we've been reassured that the show has been renewed for a third season, though whether series creator Matt Weiner or any of the lead actors will be coming back is still up in the air.

According to a Fox News story, AMC and Lionsgate, the show's network home and producers respectively, are frantically negotiating to get Weiner on board for Season 3, which is probably a big part of any deal they'll have to make with Jon Hamm or the rest of the cast, none of whom apparently signed up past two seasons of what, back before it hit the air, was probably a neat but iffy-looking project.

"Hamm in particular poses a problem since he's turned into a huge breakout star," the Fox News story speculates. "If *Mad Men* ended right now, the 36-year-old actor could go to movies and easily become the next George Clooney."

The latter sounds like a bit of a stretch — though

## IntelleVision



Hamm has ably inhabited the enigma that is *Mad Men*'s Don Draper and is an undeniable factor in the show's success, there's no reason to believe his transition to the big screen is a sure thing.

The Fox News story probably had it right, however, when they stated that renegotiating Hamm's contract is "going to cost them more than they've probably ever paid for anything."

The same goes for Weiner, though it might be overreacting to imagine the odds are decent that AMC will come up short and end up sending Lionsgate to talk to another network — like HBO, for instance, which would "pay just about anything to take it given their disappointing schedule right now."

In any case, it's unlikely

that AMC will give up the show that easily and fall back on *Breaking Bad* as its marquee title, especially after the money they've invested in promoting the show over the summer.

I've despaired about the return of *Mad Men* for a third season before, but its survival has never looked more certain, even despite contingencies such as the greed of agents with the upper hand.

Which is why it's strangest of all for the Fox News piece to insist that the show's plot lines will be mostly resolved this Sunday "in case there aren't any more." Sending all the characters and their ongoing issues to ground isn't remotely possible at this point, and the idea that everyone involved would walk away from the show at this point suggests an eruption of fickleness and pique that not even Hollywood could manage in any but its most perverse moods.

Rick McGinnis writes about music, movies, books and television, but not opera.

# Going green, one act at a time

JIM REYNOLD  
Metro Canada



**Do you have the time, ability and resolve to do one million things to help the environment? Probably not. But surely, you have the time, ability and resolve to do just one.**

That's the point of One Million Acts of Green — a nationwide environmental campaign that kicks off tonight on CBC's *The Hour* with George Stroumboulopoulos.

"It's not about changing the world, it's about people changing their world," Stroumboulopoulos said in an interview in his office. "This is for the people who would actually like to do something. That's it. This isn't about changing attitudes."

Here's how it works: All you have to do is commit one "green" act (or more) and register on the One Million Acts of Green website ([www.onemillionactsofgreen.com](http://www.onemillionactsofgreen.com)). The site launch will coincide with *The Hour* broadcast at 11 p.m. local time tonight.

The idea is to get at least

## 1M Acts of Green

- **WHAT:** An environmental campaign to get Canadians to commit at least one "green" act amassing to a million.
- **WHEN:** The program kicks off tonight on CBC's *The Hour* with George Stroumboulopoulos. 11 p.m. local time.
- **WHERE:** Register your green act at [www.onemillionactsofgreen.com](http://www.onemillionactsofgreen.com). The site launch will coincide with *The Hour* broadcast.

one green act from each individual, amassing to a million. Once you've registered your act, you can see the positive effect you're having by using the green calculator designed by GreenNexus.

"There's a carbon calculator, so you'll see the impact," said Stroumboulopoulos. "You actually have a takeaway value, so you know what you've done."

What's a green act? It's switching to compact, fluorescent light bulbs. It's walking or biking to work. It's buying locally grown

organic food instead of cheap, prepackaged food that's as bad for your in-laws as it is for the environment.

"It's turning off the water when you're brushing your teeth," Stroumboulopoulos suggested. "That, actually, I believe, has a bigger impact than a lot of the stuff that people would think of doing."

Stroumboulopoulos said the website will be the "hub" of the One Million Acts of Green campaign.

"You can come to this portal and we'll show you a couple of the easy ways where you can participate, and then commit an act," he said. "People can commit one act if they want, they can commit a hundred acts."

"Hell, if one person wants to commit a million — awesome!"

One Million Acts of Green will run over *The Hour*'s entire season, through next June.

"I think we can get it done by spring," Stroumboulopoulos said of hitting the one-million mark. "The reaction has been remarkable. People want to play."

## DVD picks

### The Incredible Hulk

Director: Louis Leterrier  
Rating: PG-13

**WHILE SUPERIOR** to its cerebral 2003 predecessor, the movie is at best a diversion rather than engrossing entertainment.

Director Louis Leterrier (*The Transporter*) gets back to comic-book basics, delivering enough chases and smackdowns with its all-new cast to satisfy many a fanboy.

However, it's also evident Ed Norton failed in his quest to add intellectual and emotional weight to his green-skinned heavy.

The movie retells the original story on the fly — radiation bombards scientist Bruce Banner (Norton), making him big, green and mean.

Hunted by the U.S. army, Banner hides in a Brazilian slum and gets a job bottling soda pop. Between shifts, Banner tries to figure out how to separate the Hulk's DNA from his own.

Available in single-disc, triple-disc and Blu-ray packages, depending on how green you want to go.

Read a DVD review of *Casino Royale* at [metronews.ca](http://metronews.ca)



	HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/21/08	31	31	31	ABC	News (N)	ABC Mid News	Inside Edition	Chronicle	Opportunity Knocks (N)		Dancing With the Stars		Eli Stone
	7	7	7	ASN	The Road to Avonlea		Robson Arms	TMZ (N)	Pushing Daisies (N)		Fringe "The Cure" (N)		Eli Stone
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramid (SC)	Virginie (SC)	La Fature	Providence (HDTV) (N) (SC)		Roxy (N) (SC)   Filantes		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Nine Lives" (N)		The Mentalist (HDTV) (N)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Occupation	Vidéos	Histoires-filles   Caméra café		La Promesse (SC)		TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	90210 "Lucky Strike"		House "Lucky Thirteen"		Kitchen Nightmares		News (N)
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU		Criminal Minds (N)		Dancing With the Stars		News (N)
	10	10	10	ELTV	(6) EastLink Television				Podium TV		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	House "Lucky Thirteen"		Fringe "The Cure" (N)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser: Families (N)				LawOrd SVU
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour		CBC News: The National		Drivers
	4	4	4	PBS-B	NewsHour With Jim Lehrer		Greater Boston	One on One	Nova (HDTV) (N) (DVS)		Frontline "Heat" (HDTV) (DVS)		
	35	35	35	PBS-D	NewsHour With Jim Lehrer		Business Rpt.	WorldFocus	Nova (HDTV) (N) (DVS)		Frontline "Heat" (HDTV) (DVS)		
	68	68	68	TOS	(6:30) Le Retour (SC)	Beauté	Loft Story		Generation séduction		La Verité choc		110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV   Business News		Squeeze Play		Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	CNN Election Center		CNN Election Center		Larry King Live		Cooper 360
	54	54	54	GOLF	The Turn	Inside PGA	60 in 30	Top 10	Natalie Gulbis	Golf Central	Big Break X: Michigan		Big Break X
	52	52	52	RSE	Prime Time Sports		Boxing Jelena Mordjnovich vs. Lakeysa Williams.				Best Damn Sports Show		Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight
news	45	45	45	SPD	Unique Whips		Pinks (HDTV)	Pass Time	Unique Whips		Low Life		Super Bikes!
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey Anaheim Ducks at Toronto Maple Leafs. (HDTV) (Live)				NHL Hockey		
	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Life Derek		Ned's School
	44	44	44	TOON	Scooby Doo! Pirates Ahoy!		Grim Adv	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	American Dad
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-Lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Big Comfy
	27	27	27	YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Frank Patrol	Mystery Hnt.
	16	16	16	ABE	The First 48		The First 48 (HDTV)		The First 48		The First 48 (HDTV)		The Rookies
	70	70	70	APTN	News	Wings-Canada		Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	50	50	50	BET	106 & Park: BET's Top 10 Live			ATL ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Lauren London.					Somebodies
	37	37	37	BRVO	Street Legal		Desperate Housewives		Live at the Rehearsal Hall		Road to Bayala		Rockabilly 514
family	97	97	97	CLT	Mysterious Ways		Judging Amy		Killer Next Door		Missing Link		Mysterious
	25	25	25	CMT	Chevy Cross Canada Countdown				Home Improve.		Home Improve.	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Comer Gas		The Simpsons	South Park	S. Silverman
	153	153	153	COURT	Killer Next Door		The Investigators		Cops Uncut	Dumb Criminal	Killer Forensics		Investigators
	38	38	38	DISC	Ultimate Cars	Ultimate Cars	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Mighty Ships
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin-Justin
	46	46	46	HIST	Outlaw Bikers		NCIS "Bete Noir"		Outlaw Bikers		Ax Men		NCIS
	17	17	17	MM	Pimp My Ride	Technical Diff.	Degrassi: Next	Instant Star	disBand		Technical Diff.		So You Think You Can Dance Canada
	19	19	19	MMM	MusicProfile	mmmtop10.com		Where You At	MuchMoreMusic Live		Listed		Don't Forget
	201	201	201	M1	(5:50) Even Money ★		Burning Mussolini	(2008, Crime Drama)	Peter Outerbridge.		Transformers *** (2007, Action)		
cable variety	48	23	23	OLN	The Amazing Race 4			Videos	Survivorman		Angry Planet	Flying Doctor	Which Way
	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Set It Off *** (1996, Action) Jada Pinkett.				Dream Makers
	206	206	206	PIX	(6:10) Salvador (1986)		(8:15) Gidlock (1996, Suspense) David Hasselhoff.				Zolander ★★ (2001, Comedy)		
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct
	39	39	39	SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield
	40	40	40	SLICE	Matchmaker	Til Debt-Part	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean
	47	47	47	SPACE	Stargate SG-1 (DVS)		Lost		Star Trek: Next Gener.			Battlestar Galactica	Rabbit Fall
	14	14	14	SPIKE	Star Wars VI: Return of the Jedi ★★		(1983, Science Fiction) Mark Hamill.	Carrie Fisher.				Scream 2008 Celebration of creative talent. (N)	
	57	98	98	STAR	FashionTele	Look-A-Like	The Ellen DeGeneres Show		TMZ (N)		etalk	The Tonight Show-Jay Leno	Paris Hilton
	21	21	21	TLC	What Not to Wear		That's Gotta Hurt (HDTV)		A New Face For Marlie		Mystery Diagnosis		Med. Examiner
cable variety	56	34	34	TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	20	20	20	TVS	Que-champion	Journal de Fr2	Toute une histoire		Pékin express: la route de l'Himalaya		Humanima		Champ. nature
	28	28	28	V	Doc		Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Nature-Things
	22	22	22	W	House	Style by Jury	Will & Grace	Friends	Three Fat Brides		Style by Jury	Style by Jury	Naked
	251	251	251	WGN	Be-Millionaire	Evening News	TwoHalf Men	Family Guy	90210 "Lucky Strike"		Privileged (HDTV) (N)		WGN News

## critics' corner

### Eli Stone

Coming to grips with being a prophet in the 21st century means never having to go without George Michael popping up occasionally and singing a little song about faith. And now that Eli (Jonny Lee Miller) has had his brain aneurysm surgically removed, you'd think things would be smooth sailing. This week, Eli's latest vision comes in the form of a gorgeous, confident brunette named Grace (guest star Katie Holmes). 11:01 PM on ABC ASN



### The Tudors

No more His Majesty Mr. Nice Guy. Disgusted by his repeated failed attempts to get the Catholic Church to annul his marriage to Katherine, Henry (Jonathan Rhys Meyers) cuts all ties with the Vatican, putting Lutheran Thomas Cranmer (Hans Matheson) in charge of the Church of England. He also strips Katherine (Maria Doyle Kennedy) of her title and weds Anne (Natalie Dormer) in secret in this new episode. 9 PM on CBC

### Fringe

After weeks of being reported missing, a woman with a rare disease resurfaces in suburban Massachusetts and inexplicably causes excruciating pain and then death to everyone she encounters. As the gruesome scene is investigated, dangerous levels of radiation are detected, leading to the possibility of illegal human drug trials. 10 PM on ASN. FOX

Mother-of-six actress Angelina Jolie will reportedly quit acting as soon as it starts to affect her role as a parent. "As long as I can be with my family, it's fun," she said. **IMDB.COM**

## Celebrity Buzz

# Madge to stay in London

**BREAKUP** Madonna has vowed to return to the United States after the breakdown of her marriage, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer was expected to return to the United States after the breakdown of her nearly eight-year marriage to director Guy Ritchie, but reportedly wants to remain in London for the sake of the three children they've raised together: Lourdes, 12, Rocco, 8, and David, 3.

"Everyone expected

Madonna to go and live in New York, taking the chil-

dren with her. But despite some of the unhappy memories that London holds, she still feels that it's the best base for the kids," a source told Britain's Daily Mirror newspaper.

"They are very happy at their school and she doesn't want anything to interfere with that. London still has a massive hold on her and it's hard to just shake off."

**METRO NEWS SERVICES**



# Kidman a rancher at heart

**PEOPLE** Actress Nicole Kidman has purchased a cattle ranch in Australia after she learned how to be a cowgirl while shooting her new movie, [imdb.com](http://imdb.com) reports.

The Oscar-winner stars alongside Hugh Jackman in the new film *Australia*, and had to herd cows for her role in the film.

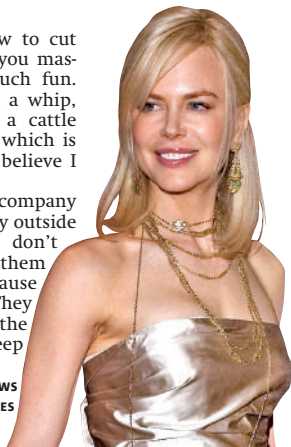
Kidman insists that despite her initial reservations about the gruelling stunts, she now loves the lifestyle so much she has bought her own ranch.

"I was terrified beforehand," she says. "I even

had to learn how to cut cattle. But once you master it, it's so much fun. Now I can crack a whip, herd cattle, cut a cattle out of the herd, which is amazing. I can't believe I can do it."

"I've bought a company out in the country outside of Sydney. We don't have to muster them though, because there's only 40. They are basically on the property to keep the grass short."

**METRO NEWS SERVICES**



# Bundchen rumoured to be planning wedding

**RELATIONSHIPS** Supermodel Gisele Bündchen has sparked rumours she is set to marry football star Tom Brady after reportedly planning a wedding reception at a New York restaurant, [imdb.com](http://imdb.com) reports.

Bündchen began dating the New England Patriots star

shortly after her highly publicized 2005 breakup from actor Leonardo DiCaprio.

According to the New York Post, Bündchen is in talks with party planners at the legendary Tavern on the Green in Central Park to

plan the celebration following their union.

A source tells the newspaper, "They were recently there, and Brady had a long chat with (American football star) Joe Namath."

Spokespersons for Bündchen and Tavern on the Green have declined to comment on the reports.

**METRO NEWS SERVICES**



# Mayer wrote love song to woo Aniston back

**RELATIONSHIPS** John Mayer reportedly wooed actress Jennifer Aniston back by writing her a love song, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer, who called

off his three-month relationship with Aniston in August, also reportedly promised to quit smoking and drinking to cement their romance.

"John has even written a song about their time together and played it to Jennifer, who was incredibly touched," a source says.

"He initially called things off because he didn't feel ready for commitment. But after a considerable time apart, his priorities have changed and he wants to make a go of things."

After their split, Aniston was reportedly so devastated she refused to speak to him.

**METRO NEWS SERVICES**



# Like mother, like daughter

**PARENTING** Tom Cruise and Katie Holmes' two-year-old daughter Suri has her own dressing room at the New York theatre where the actress is making her Broadway debut, [imdb.com](http://imdb.com) reports.

Holmes is combining her run in Arthur Miller's *All My Sons* with her role as a mom, and has kitted out a room backstage at the Gerald Schoenfeld Theatre so Suri is never bored.

"It's a great schedule, be-

cause (Suri and I) get to spend the whole day together and then I go and do the play. Then I come home and we play some more," Holmes says. "We have a dressing room that is transformed into a playroom. It has a little piano."

**METRO NEWS SERVICES**



## celebrity briefs

### Stone speaks out about ageism

**AGING** Turning 40 was a big deal for Sharon Stone because suddenly movie roles and freebies reportedly dried up, [imdb.com](http://imdb.com) reports. The actress admits she was looking forward to becoming a 40-something back in 1998, but ageist attitudes toward Hollywood stars left her floored. "I thought ... I'm fantastic and sexy and amazing," she tells *More* magazine. "(But) it was like, 'You have leprosy.' I couldn't get a dress or a job." She bounced back with acclaimed roles in the movies *Casino*, *Broken Flowers* and *Bobby*, and turned 50 earlier this year.

**METRO NEWS SERVICES**



### Craig got 007 news while shopping

**CASTING** Daniel Craig discovered he'd be taking over from Pierce Brosnan as superspy James Bond while grocery shopping in Baltimore, Md., [imdb.com](http://imdb.com) reports.

The actor was in a Whole Foods supermarket when Bond producer Barbara Broccoli called to tell him he was the next 007.

"She went, 'Over to you kiddo,' so I put down the groceries, went straight into the liquor store, bought a bottle of vodka and got smashed," he reportedly said.

**METRO NEWS SERVICES**



# Lohan's temper tested on train

**RELATIONSHIPS** Actress Lindsay Lohan's temper was tested after her girlfriend, DJ Samantha Ronson, reportedly ignored her during a heated lovers' quarrel, [imdb.com](http://imdb.com) reports.

The pair refused to speak to one another en route to Washington recently after Lohan spent the train ride

complaining of her staff, according to the New York Post. A source tells the newspaper Lohan shouted at Ronson: "I do what's good for you, not what's best for both of us."

Sources add Lohan was "whining incessantly and Samantha was trying to deflect it."

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# Stay in the loop.

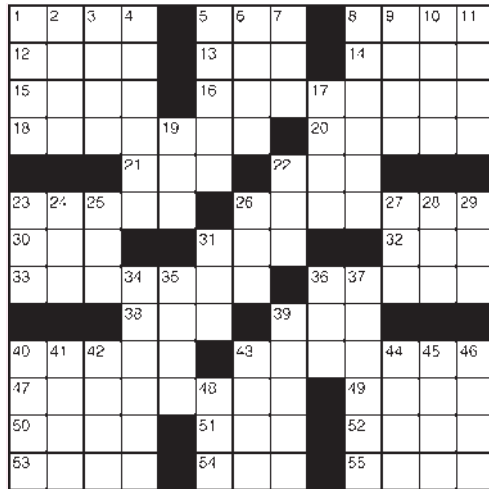
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## Take Five



### Crossword across

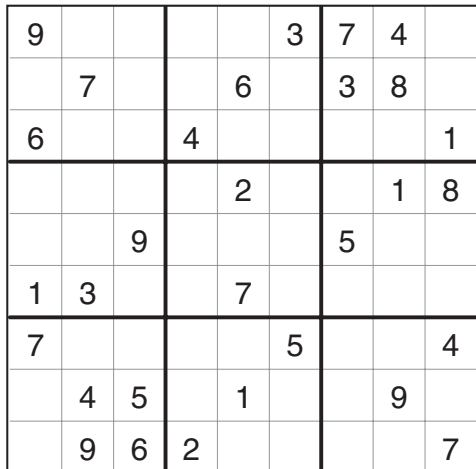
- 1 Body powder  
5 Heart chart (Abbr.)  
8 Heavy reading  
12 — friendly  
13 That woman  
14 Mimic  
15 Boyfriend  
16 Lincoln biographer  
18 Bedtime visitor  
20 Facilitates  
21 Parched  
22 Way out there  
23 Approves  
26 Happy Gilmore portrayer  
30 Lair  
31 Bushy-tailed critter  
32 Raw rock  
33 KFC colonel  
36 Stick in the mud?  
38 Whatever number  
39 Old New Zealand bird  
40 "A Bell for —"  
43 Summer footwear  
47 Dagwood's specialty  
49 Coagulate  
50 "American —"  
51 West of Holly-wood  
52 "— Named Sue"  
53 Top-rated  
54 Schedule abbr.  
55 Window sheet

### Crossword down

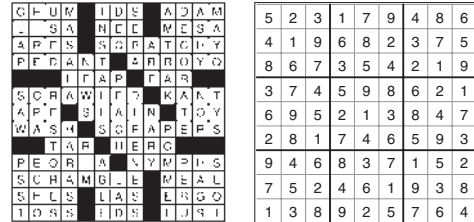
- 1 Vats  
2 Cruising  
3 Tilt  
4 Gunky  
5 English home-work, maybe  
6 "Star Trek II" villain  
7 Army bigwig (Abbr.)  
8 Knight's tunic  
9 Piece of work  
10 Unembellished  
11 Work units  
17 College boss  
19 "— Doubtfire"  
22 Transmit quickly  
23 "— bodkins!"  
24 Mauna —  
25 Raggedy doll  
26 "Mayday!"  
27 High shot  
28 Before  
29 Scarlet  
31 Sauté  
34 Bounce playfully  
35 Sufficient, in verse  
36 A billion years  
37 Wild and crazy  
39 "Real Time" moderator  
40 Europe's neighbor  
41 Pedestal part  
42 In due time  
43 Cicatrix  
44 Actress Jessica  
45 Symbol of craziness  
46 Eyelid woe  
48 "— little teapot ..."

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at [metronews.ca](http://metronews.ca)

### SUDOKU SOLVE TIME:

- Under 13 min .....Genius  
13-17 min .....Scholar  
17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

### Recipe of the day



### Beef Waldorf

#### INGREDIENTS:

- 10 oz (300 g) beef tenderloin, trimmed of fat, cut into 2 fillets  
¾ in. (2 cm) thick  
1/4 tsp (1 mL) olive oil  
1 cup (250 mL) radishes, thinly sliced  
3 carrots, grated  
1 small yellow pepper, seeded and cut into thin rings  
3 celery stalks, sliced diagonally  
3 scallions, sliced diagonally  
2 tbsp (25 mL) chopped walnuts  
1/2 cup (125 mL) raisins  
2 small apples  
2 tsp (10 mL) lemon juice  
2 cups (500 mL) arugula leaves or other salad greens  
Salt and pepper

#### DRESSING:

- 2 tbsp (25 mL) grainy mustard  
3 tbsp (45 mL) light mayonnaise  
3 tbsp (45 mL) plain low-fat yogurt

#### METHOD:

1. Brush steaks with oil and season with pepper. Heat non-stick skillet over medium-high heat. Add steaks and cook for

- three minutes per side for medium-rare or four minutes per side for medium. Remove steaks from pan and let cool for at least 15 minutes.  
2. For dressing: Combine mustard, mayonnaise and yogurt in a small bowl.  
3. Put radishes, carrots, yellow pepper, celery, scallions, walnuts and raisins in a large bowl. Quarter and core apples, then cut into 1-in. (2.5-cm) chunks and toss in lemon juice. Add to bowl with half the dressing and turn to coat. Season lightly with salt and pepper.  
4. To serve, pile arugula or other salad greens on four plates and spoon apple and vegetable salad alongside. Cut steak into thin slices and arrange on top. Drizzle with remaining dressing.

#### SERVES 4



### Horoscopes

#### ARIES

**MARCH 21-APRIL 20**  
Heed the tidbits heard through the grapevine. A secret love will come to your attention. Promote your concepts for an ambitious project.

#### LIBRA

**SEPT 23-OCT 23**  
A sweetheart will make the usual excuses. A secretive buddy is in awe of you. Don't laugh if a woman takes the lead at a rendezvous.

#### TAURUS

**APRIL 21-MAY 21**  
A relationship is due to take place. Brilliant ideas will justify an emotional roller coaster. Outlandish antics can give you some relief.

#### SCORPIO

**OCT 24-NOV 22**  
Hostility decreases after chaotic events. Get down to business with a realistic budget. A necessary encounter is fated to work for the best.

#### GEMINI

**MAY 22-JUNE 21**  
Travel through time to find your happiness. A sweetheart's friend will share good news. Someone will be grateful for a romantic encounter.

#### SAGITTARIUS

**NOV 23-DEC 21**  
Something is wrong with an interesting visitor. A man pays the price for an unpopular decision. Be direct with your loved ones.

#### CANCER

**JUNE 22-JULY 22**  
Pay the bills to get emotional security. Remain calm when suspicion causes fear. Talking gibberish isn't a good idea.

#### CAPRICORN

**DEC 22-JAN 20**  
Restlessness will reveal a lack of knowledge. Give the gift of time to a child. Be sure of your facts before speaking.

#### LEO

**JULY 23-AUG 23**  
An eccentric is shrewdly successful. An admirer makes a dreadful mistake. Make a promise to agree with a loner.

#### AQUARIUS

**JAN 21-FEB 18**  
Ridiculous restrictions will dissolve effortlessly. Somebody's anger will not wreck the day. An absentminded playmate runs into an old flame.

#### VIRGO

**AUG 24-SEPT 22**  
A companion's wrongdoing creates a fuss. A challenger goes astray before making an announcement. An elder has crucial information.

#### PISCES

**FEB 19-MARCH 20**  
You can expect approval from a fortune-hunter. A prankster has an unexpected decision to make. Loyalty leads to caution in the night.

### AVATAR VENUS

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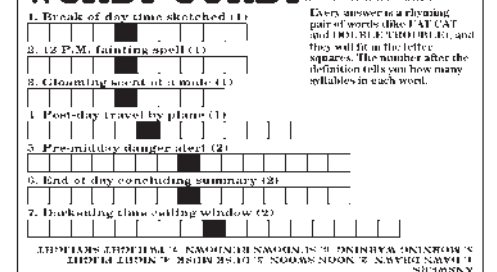
Do it daily.

### This day in history

- OCT. 21, 1879: Using a filament of carbonized thread, Thomas Edison tests the first practical electric incandescent light bulb (it lasted 13½ hours before burning out).  
OCT. 21, 1945: Women are allowed to vote in France for the first time.  
OCT. 21, 1967: Vietnam War: More than 100,000 war protesters gather in Washington, D.C. A peaceful rally at the Lincoln Memorial is followed by a march to The Pentagon and clashes with soldiers (event lasts until October 23; 683 people were arrested). Similar demonstrations occurred simultaneously in Japan and Western Europe.

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